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Nature Cure Bath

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कृपया पुस्तक के ऊपर कोई निशान आदि
न लगायें।

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गुरुकुल कांगड़ी विश्वविद्यालय, हरिद्वार

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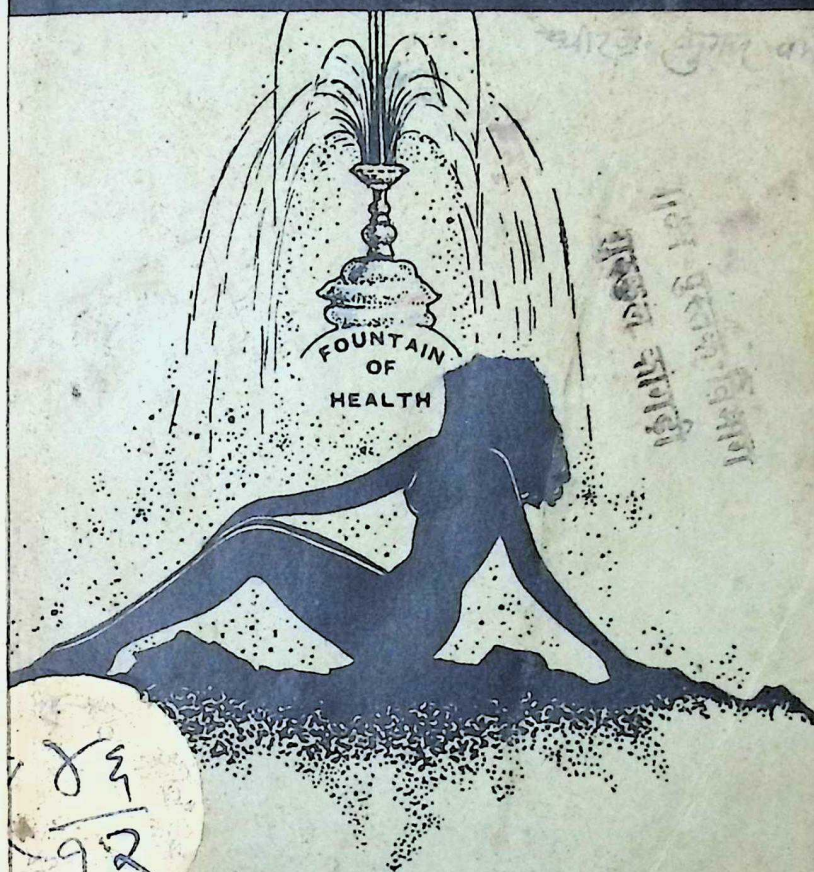
पुस्तक-विवरण की तिथि नीचे अंकित है। इस तिथि सहित ३०वें दिन तक यह पुस्तक पुस्तकालय में वापिस आ जानी चाहिए। अन्यथा ५० पैसे प्रति दिन के हिसाब से बिलम्ब-दण्ड लगेगा।

Stock Verification-2024

सूचक प्रमाणीकरण ११८४-११८५

Shri. S. Ramaswami

NATURE CURE BATHS



K. R. Dilkash, N.D.

ॐ त्र्यम्

पंजिका संख्या २ २३६ मूल्य १॥

पाठ्यपुस्तक विभाग

(गुरुकुल कांगड़ी पुस्तकालय)

पुस्तक संख्या...

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तिथि... ३-२-५२

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शम्भुनाथ
प्रथम वर्ष

Nature Cure Baths

Kharendra Kumar

प्राज्य-पुस्तक विभाग

BY

शंकर कांगड़ी

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2436 CHECKED 1973

FIRST EDITION

December, 1940.

Published by

MAXWELL Co., 66, LA-TOUCHE ROAD,
LUCKNOW.

RA 615.535,DIL-N



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पुस्तक सं.	615.535
आगत सं.	D57.N.
दिनांक	46.7.17.
मुद्रांक प्रमाणिका कार्यालय	

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Mela Ram
Shivendra Kumar
Shivendrakumar
Shivendrakumar

To The Revered Memory of
MY FATHER
Pt. Mela Ram Dilkusha.

११०१-३१११
शिवेंद्र कुमार

CONTENTS गुरुकुल कांगड़ी

	Pages.
Introspection	1—3

CHAPTER I.

NATURE CURE—Its definition ...	4—7
--------------------------------	-----

CHAPTER II.

HYDROTHERAPY—Table of Temperature. The Use of Thermometer. The Duration Chart. The Effects of water applications and some important hints	8—14
---	------

CHAPTER III.

TECHNIQUE OF HYDROTHERAPY— EXTERNAL BATHS.—Douche. Cold Douche. Neutral Douche. Hot Douche. Affusion. Local Affusion. Wet Sheet Pack. Cooling Pack. Dry Pack. Dripping Sheet. Hot or Heating Abdominal Pack. Abdominal Heating Pack. The Compress. The Fomen- tation. Sponge Bath. Full Immersion Baths. Warm or Neutral Full Bath. Tepid, Cool or Cold Full Bath. Graduated Bath. Brand Bath. Shallow Bath. The Sitz

[ii]

Contents—(Contd.)

Bath. The Cold Sitz Bath. The Hot Sitz Bath. The Revulsive Sitz Bath. Natural Bath (Adolf Just). Friction Hip Bath (Kuhne). Friction Sitz Bath (Kuhne). The clay bandage or mudplaster. Bathing.	
INTERNAL BATHS.—The Enema. Rectal Irrigation. Stomach Irrigation. Water Drinking.	
THE SWEAT BATHS.—Turkish Bath. Russian Bath—Vapour Bath or Steam Bath. Hot Foot Bath. Sun Bath. Electric Light Bath.	
MINERAL BATHS.—The Effervescent or Nauheim Bath. Oxygen Bath. Sea Salt Bath. Sulphur Bath. The Salt Glow.	15—77

CHAPTER IV.

CHROMOPATHY.—The various colours—their properties, uses and preparation.	78—81
--	-------

CHAPTER V.

ELECTROTHERAPY — Electricity — its definition—its place in the Medical World, Galvanic, Faradic, Faradic Bath, Sinusoidal Bath, High frequency, Ozone, Vibratory Massage, Infra Red Ray, Ultra Violet Ray.	82—98
Appendix :—Reports of Cures.	99—109
Index	111

INTROSPECTION

CIVILISATION is a word, the meaning of which is often vague and uncertain yet there is hardly any other word which is so frequently mentioned. Modern Civilisation in particular has become our oft-repeated boast. There is nothing which makes us feel so proud as this little creation of ours. When we look at its apparent immensity, we feel inclined to believe that there is nothing which man cannot accomplish.

We live and move in an age abounding in most marvelous inventions and discoveries. Railways, post, telegraph, electricity and all kinds of machinery seem to be genuine blessings to humanity ; while wireless, radio and æroplane seem nothing less than miracles of the age. Ever increasing number of hospitals, doctors and discoveries of thousands of medicines every year seem to guarantee us Immortality. But unfortunately "All that glitters is not gold." This glamour of civilisation is not without its black spots. In spite of the manifold blessings, which this civilisation has conferred upon mankind, it has not brought about the desired happiness. On the contrary there is a general discontent, unhappiness and restlessness. In certain phases of life

there is actual misery. Why should this gigantic creation have failed so hopelessly to bring about happiness and contentment? The reason lies in the fact that this civilisation has totally failed to promote the health of the people and without health no happiness is possible. No amount of wealth, luxury, comfort and convenience is capable of producing that contentment and happiness which a man with a healthy body enjoys. "Health is all wealth" is a well-known saying.

How we have lost our health under the yoke of modern civilisation is not possible to discuss here. Suffice it to say that it has taught us to combat with Nature, to look down upon that benevolent Mother as our most hateful enemy. It is for this reason that farther we depart from Nature, the more civilised we are considered to be. In order to be civilised and refined, we must be as unnatural as we possibly can. Abundance of artificialities and all sorts of complexities in the mode of our living and thinking have removed us to the farthest end from the straight path of Nature.

In the old days people lived more in accordance with the laws of Nature. They lived in open air, in huts, ate simple food, wore clothes that were demanded by weather drank pure water and slept when they felt sleepy. Consequently they were healthier, happier and more contented than what we are today. We, on the contrary, live in huge cities, spend our days and nights in stuffy houses, in smoky factories, eat whatever our cultured tastes demand, drink all

INTROSPECTION

iii

sorts of mineral waters, tea, coffee and cocoa designed by the civilised society. We wear clothes, which suit not the weather but are applauded by the current fashion. However warm we may be feeling we must put on shoes, stockings collar and tie. We sleep, not, when Nature calls for it but when we are free to sleep. The result is DISEASE.

Disease is the most dreaded of all the evils, yet there is no evil, which is more common, more easily courted or overcome with less difficulty than the disease. Disease is to the body and to the mind what sin is to the soul. Under the present conditions of life the disease has become universal and of daily occurrence. Diseases which were looked upon by our forefathers with abhorrence are no longer so looked upon by us. And yet it is due to these terrible diseases that the space of time allotted to human life has been considerably shortened. So much for the civilisation, we take pride in. But can we get rid of this civilisation in order to get back health and happiness provided by Nature? Is it possible for this huge creation of man to annihilate itself into nothingness? No, yet no one can deny the fact, that, the remedy lies only in going back to Nature as much as it lies in one's power to do so.

CHAPTER I.

NATURE CURE

'Nature Cure' is the only natural way of healing. It stands for a scientific co-operation with the forces of Nature in rejuvenating the human body, and ridding it of multifarious ailments brought on by our transgression of the natural laws. Human body is a part of the organic Nature. It must act and work in union with the laws operating in Nature. It can enjoy perfect health and happiness so long as it does not deviate from these natural laws. Animals who live according to the laws of Nature seldom suffer from disease. The false notion of comfort has given rise to an unnatural and obnoxious modes of living; the stress and storm of modern life specially in crowded cities and towns is productive of countless diseases. Human beings who lived a pastoral life in the midst of blessings of Nature in the days gone by, were not subject to so many diseases as those of today. They were strong and sturdy and full of joy and happiness.

Nature Cure is not a new fangled method of cure. It has been in existence all through the course of human life on this earth. Nature is the best nursery of human life. By consciously following the simple laws of nature, we can prevent diseases and live happily.

The greatest factor in the recovery of health from some disease is really the recuperative power inherent in

man. Nature cure enables this recuperative power to assert itself to overcome and remove the obstacle and the cause of the disease and thereby to restore the sufferer to his original condition of health and happiness. "Human body is God's masterpiece and is perfect in itself. It is self-regulating and self renewing." A complete restoration to health can therefore be brought about only by attuning the physical organism to the self-cleaning, self-regulating and self-regenerative forces of Nature. To heal means to restore, to recreate. Nature can create as well as cure. Healing is a prerogative of living tissue. Human nature can heal itself and can repair the impaired machinery.

Nature cure besides being an effective method of healing, as has been proved within the last few decades, is the most comprehensive and the most beneficial of all the philosophies of life. It is the panacea, cure-all of all diseases, moral, mental, and physical. It is the sure and indispensable guide and helper of man whom making amenable to the laws of Nature, it makes him submissive and moral.

Nature cure does not pretend to be an esoteric philosophy, which can be understood only by the initiated, nor it is a complex and complicated science. It is simple and plain and can be understood by every intelligent person. God did not mean man to suffer in ignorance. Nature cure is intelligible to all, because everything is expressed in vernacular, and the applications though diverse can be

NATURE CURE

3

put with safety by anybody who knows them. But it is wrong to believe that the whole pharmacopia of nature cure is exhausted by hydropathy. *अतिशय*

A nature cure practitioner must be acquainted with all the principles that govern human body, and must know the diverse applications of the four essentials of life, heat, cold, air and water. He must know the nature of the diseases, the condition of the patient, the stage of the disease, the vitality of the patient, the course of malady and so on. The various functions of the human system have also to be fully understood. *अतिशय*

Nature cure science has reduced the conduct of life to a few simple principles. All ailments barring accident are due to violation of nature's laws in habits of living which result in the accumulation of morbid poison in the body and in the clogging of the cells and the tissues of the body. The vitality is lowered, resulting in the gradual emaciation of the body. Hence from these principles it is clear that the primary principle of true healing must be the elimination of waste and foreign matter from the system through the natural methods of treatment and living and not through poisoning and mutilating the human organism. It cannot be overstated that the process of life and death, health, disease and cure are subject to the workings of nature's laws, as exact and definite as the laws of gravitation and chemical affinity. *अतिशय*

Knowledge of these laws and conscious and voluntary

co-operation with these laws constitute the master-key to all the higher development of human life.

The greatest achievement of nature cure lies in the fact that it has simplified the treatment of acute and sub-acute diseases, as well as of the 'chronic ailments. Chronic in the vocabulary of the old school of medicines, is synonymous with 'incurable.' The medical man lists hundreds of different diseases and believes that by filling the human body with poisonous drugs and vaccines, he can restore health to it. It is an illusion under which the suffering humanity has been kept for a long time and having now realised the futility of these methods, it is revolting against them and the hour is near when this awakening will cause the death knell of the darkest superstition, that the health can be created and maintained by saturating human bodies with disease creating agents. The simple diseases suppressed under medicinal treatments burst out after intervals into various hideous forms and then at last are proclaimed to be 'chronic incurables.' NATUROPATHIC TREATMENT INDEED WORKS MIRACLES IN THE TREATMENT OF SUCH INCURABLES AND THE METHODS ADOPTED BY NATUROPATHS HAVE PROVED TO BE SO SCIENTIFIC AND EFFECTIVE THAT SOME OF THEM ARE BEING RESORTED TO BY MEDICAL MEN.

Open air treatment for tuberculosis and hydropathy for typhoid fever have been recently adopted by the

medical profession. But they have not yet awakened to the fact that the same simple cold water treatment and fasting will cure every other acute disease with exactly the same effectiveness as in the case of typhoid fever.

The idea for Nature cure treatment is often invoked only when every other treatment has been tried without success, when sufferers are not only given up as hopeless but more or less made "chronic incurables." Such cases require genuine patience and perseverance. The effect of Nature cure treatment is in its essence a gradual one, working as it does by a slow rebuilding or regenerating of the damaged organ or function. Nature never fails. It can accomplish what no other treatment or medicine can. We give below the following conclusions arrived at, by Dr. Victor Henry Lindlahr M.D., America :

- (1) A sunbath produces in the system the most powerful antiseptic known to the medical science. Why swallow inferior stuff from a bottle.
- (2) A sunbath replenishes Vitamin "D" immediately from substances constantly present beneath your skin.
- (3) Air playing over the body may increase the metabolism 50% in 10 minutes. Thyroid extracts, the only metabolic stimulant known to medicine, takes a year to do the same thing.

NATURE CURE BATHS.

- (4) An air bath, 20 minutes, reduces the hydrogen-ion contents of the blood to normal. No drug or method known can do the same.
- (5) Cold water reduces the temperature in one-tenth the time of fever remedies.
- (6) Hot water reduces the heart rate quicker than any drug.
- (7) Exercise builds muscles. Nothing else can do it.
- (8) Food builds up nerves, which no tonic made will duplicate.
- (9) Supervised REST is Nature's greatest healing agent.
- (10) Supervised recreation is the greatest stimulant.
- (11) Faith and Hope even cure cancer, says Sir Arbuthnot Lane, the greatest cancer surgeon alive. What greater path to faith and hope than an understanding of Nature?
- (12) External cleanliness wipes out yellow fever, malaria, bubonic plague, etc. Internal cleanliness wipes out heart disease, kidney disease, blood pressure, etc.

Opinions like above may be multiplied to any number, but the limited space does not permit such an attempt. The results achieved by Nature cure have gained wide popularity for it. The suffering humanity is turning

NATURE CURE

7

towards it and the naturopathic institutions are being opened in every part of the globe to give a new message of health which comes from rational living.

This nature cure stands for a universal effort towards filling all people with health and happiness, with capacity for self-control and responsibility, with determination and intelligence, that will ultimately make every man his own doctor and of course every woman also. Every one has the power to make or unmake his or her own health.

R.D.C.



CHAPTER II

HYDROTHERAPY

Hydrotherapy is a branch of Nature cure which treats diseases by the application of water in various forms and temperatures. The latest researches and investigations carried on by the scientists have revealed the wonderful palliative and curative virtues of water. It will not be necessary here to narrate how many ancient races had been making enormous use of water as a remedial measure in nearly every kind of disease. The succeeding generations have not, however, lagged behind, but they have considerably improved upon the theories and formulæ of their ancestors on the use of the greatest boon of Nature.

It is clear even to a layman that water has got a virtual capacity, for adaptability in numerous forms according to the human needs. Hence its physiological effect upon the human system is immense and immeasurable. It is the easiest and the nearest remedy to be had in all places and at all times to meet any exigency. It is a wonderful balm and tonic to that part of the body which is under excruciating pains and to the drooping nerves whose vitality is all consumed up. It relieves and invigorates them. An apt judicious application of water will relieve the system of its most chronic disease whatsoever, and hydrotherapy

HYDROTHERAPY

9

brings out the intrinsic quality of water and its applications suited to the varying phases of the symptoms of the patients.

Without doubt hydrotherapy is the most powerful of all natural therapeutic agents. It is easy of application, as water readily changes its form, from liquid to solid or vapour. It has been estimated that water increases the consumption of oxygen to 75% and increases the elimination of carbon dioxide over 85% in the human body. There is practically no disorder in which the various forms of water can not be used with beneficial results. Its effect, however, on the human body varies according to its temperature. The table of temperature used in hydriatic institutions is given below:

Table of Temperature.

1. Very cold	32 to 50 degrees	F.
2. Cold	50 to 65	„ F.
3. Cool	65 to 80	„ F.
4. Tepid	82 to 92	„ F.
5. Neutral	92 to 94	„ F.
6. Warm	94 to 98	„ F.
7. Hot	98 to 104	„ F.
8. Very hot	104 and above	

Water is seldom applied externally above 120 degrees. A bath taken at a temperature between 104 and 108 has the same effects as very hot bath. A complete immersion into water over 120 degrees is not without danger. The skin can tolerate vapours of 140 degrees and hot air as high as 300 degrees.

The use of Thermometer

The thermometer used in the hydiatic institutes is Fahrenheit. The reference has been made to the same at various places in this book for measuring the bath temperatures.

To enable the reader to Convert Reaumur and Centigrade degrees to Fahrenheit degrees, a simple process is given below :—

To convert centigrade degrees (C°) into Fahrenheit degrees (F°), multiply by 9, divide by 5 and add 32, i.e.,

$$C^{\circ} \times 9 \div 5 + 32 = F^{\circ}$$

To convert Reaumur degrees (R°) into Fahrenheit degrees multiply by 9, divide by 4 and add 32, i.e.,

$$R^{\circ} \times 9 \div 4 + 32 = F^{\circ}$$

The physiological effects produced by water applications depend upon the temperature of the application, duration and area covered by it and its methods and above all on the physical condition of the patient.

The Duration Chart

The duration of water applications as used in all big hydiatic institutions is classified as below:—

Very short 5 to 15 seconds.

Short 15 to 60 seconds.

Prolonged 2 to 10 minutes.

Very prolonged 10 to 30 minutes or above.

The effects of water applications

Water, in any form when applied to the human body internally or externally has two effects, Primary and Secondary. The former is also called temporary and the latter as lasting effect. Water is used for both of these effects i.e., Primary and Secondary. When primary effects are required often the moderate temperatures of water are employed and the applications are sufficiently prolonged to suppress the reaction. When secondary or reactive effects are required the extreme temperatures of water i.e., either hot and very hot or cold and very cold temperatures are employed over a short duration. The reaction is always more certain of short applications than the long or prolonged ones.

One point is always to be remembered that greater the difference between the temperature of the body and the temperature of the application employed the greater will be the reaction.

Clinical experience of a good many years has shown the secondary effects of the general applications of water as follows:—

Hot water of very short duration

1. Lowers the body temperature.
2. Decreases the skin activity.
3. No noticeable effect on blood pressure.
4. Stimulates the nervous system.
5. Quickens the heart action.

NATURE CURE BATHS.

6. Contracts the muscles. ✓
7. Contracts the surface blood vessels. ✓
8. Affects metabolism, but slightly. ✓
9. Stimulates breathing. ✓

Hot water of prolonged duration.

1. Raises the body temperature.
2. Increases the skin activity.
3. Lowers the blood pressure.
4. Depresses the nervous system but slightly.
5. Quickens and weakens the heart action.
6. Relaxes the muscles.
7. Dilates the surface blood vessels.
8. Stimulates the metabolism.
9. Quickens and weakens breathing.

Cold water of short duration.

1. Raises the body temperature.
2. Increases the skin activity.
3. Raises the blood pressure.
4. Stimulates the nervous system.
5. Slows and strengthens the heart action.
6. Excites the muscles.
7. Dilates the surface blood vessels.
8. Stimulates the metabolism.
9. Slows and deepens the breathing.

Cold water of prolonged duration.

1. Lowers the body temperature.
2. Decreases the skin activity.
3. Lowers the blood pressure.
4. Affects nervous system but slightly.
5. Weakens the heart action.
6. Contracts the muscles and decreases their irritability.
7. Contracts the surface blood vessels.
8. Depresses metabolism.
9. Slows and weakens the breathing.

Some important hints.

1. If the temperature, duration and effects of hydriatic application are rightly understood and followed there can be no mistake in prescribing it for any patient.

(2) Care should be taken not to overdo hydrotherapy. The first treatment should be short and mild in order to determine the exact effects of the application.

(3) Reaction, after every application is most necessary, for this, the patient must either take some sort of exercise or a brisk walk and if the patient is weak, he should be made to lie in bed well covered with blankets. In no case the body should be allowed to get chill.

(4) The head should be protected by a towel wrung out of cold water when taking the hot or very hot partial or full bath, steam, electric light or sun bath.

(5) If the pulse becomes irregular, weak, very slow or very rapid or if the temperature begins to rise and reaches 100° F. there is something wrong in the application and try to modify it *atonce*.

(6) Very hot or very cold applications should never be given to aged and weak patients, also to those affected with heart diseases.

(7) Do not give baths within two hours after a meal and no food should be taken within an hour and-a-half after the baths or packs. Fruit juices can however, be allowed after the electric light bath or hot bath.

(8) The patient should carry on the treatment with fullest faith and perseverance. The chronic invalids should not expect results immediately. 'NATURE WORKS SLOWLY BUT SURELY.'

CHAPTER III

TECHNIQUE OF HYDROTHERAPY

EXTERNAL BATHS

Water can be applied to the human body therapeutically in various forms. It is not practicable to undertake so inexhaustible a subject as this in its entire aspect in a limited space and time. The author has therefore, tried to confine himself only to those procedures which have proved most efficient and also otherwise have stood the test of time.

Douche



Fig. 1. Douche.

Douche is a special form of application of water generally directed from a pipe or spout to a particular part of the body. At present there are various kinds of apparatuses used in the hydriatic institutions with which the douche can be employed conveniently. In the

absence of such an apparatus green house pump or an ordinary tin can with which is attached a rubber tube for the application, can serve the purpose. The temperature, pressure and the mass are the chief factors in the therapeutic employment of the douche. If the temperature employed is cold or very cold the duration of the application should be very short. The mass varies greatly according to the effects desired. In certain douches the column of water is scarcely larger than a fine hair whereas in other cases the aperture of nozzle is about 1 inch to $1\frac{1}{2}$ inches in diameter. The pressure applied is from 10 to 60 lbs. represented by a water column of 25 to 150 ft.

The douche has two fold effects upon the human body, thermal and percussion, and so is essentially an exciting procedure. However if the sedative effects are desired the neutral douche is employed.

The Cold Douche

The cold douche can be advantageously employed in almost and every chronic disease for its tonic effects. A good working temperature is between 50° to 70° F. The higher the temperature the longer must be the duration occupied, and the greater pressure is required to produce the desired effects. In rheumatic and neuralgic patients the very cold douche should be avoided in the beginning as well as in persons suffering from Bright's disease, gastric ulcer, spinal sclerosis, locomotor-ataxia, and certain

cardiac diseases. In these cases a very mild non-percussioned measure should be adopted. The cold douche can be successfully recommended in cases of neurasthenia, chronic atonic dyspepsia or hypopepsia or in most cases of chronic atonic toxemia. In the treatment of drug-habits opium etc., cold douche holds a higher place. It builds up the patient's vital power of resistance and restores the tone and equilibrium of his nervous system and thus establishes a condition of perfect health. The cold douche is equally serviceable in hysterical anesthesia and hyperesthesia. The only difference is that in hyperesthesia if the right leg is involved the douche should be applied to the left leg i.e., the application should be made to the similar part of the opposite side of the body. In hysterical paralysis of the lower extremities the author has derived the most successful results from a short cold douche of 50° F. by applying it to the dorsal and lumbar spine with a small stream under high pressure and also in cases of seminal weakness, nocturnal emissions, and spermatorrhea, the author has made use of the cold douche to the prineum.

Dr. J. H. Kellogg, M.D.* is of opinion that in chlorosis and all the curable forms of anemia, the cold douche daily wins success in scientific hydropathic establishments when iron and all other usual remedies have failed. As a general awakener and regulator of nutrition it has no equal.

*Rational Hydrotherapy p. 443.

The Hot Douche

The temperature of water employed is generally between 104° and 108° or above (even up to 120° or 130° F.). The application should be begun at about 100 degrees which should be gradually increased, reaching the highest point. The duration of the douche varies from 15 seconds to 5 minutes. This is commonly used for the relief of pains and does not need high pressure. When higher temperature is employed the nozzle should be constantly kept in motion to avoid injury to the skin. The primary effects of very hot douche are in many respects similar to those of a cold douche i.e., exciting and tonic. But the effects are transient and followed by an atonic reaction i.e., the secondary effects are relaxing and depressant. For this reason the tonic effects of a hot douche are inferior to those of cold douche. It produces very prompt and decided effects upon the circulatory and the nervous system. It is sometimes used as a preparation for the cold douche. It relieves the general superficial pains in neuralgia.

The author has found the prolonged hot douche followed by short cold douche exceedingly useful in cases of enlargement of liver and spleen.

The Neutral Douche

The temperature employed for a neutral douche is between 92° to 97° F. Duration varies from 20 to 30 minutes according to the condition of the patient, and the pressure

THE TECHNIQUE OF HYDROTHERAPY

19

used is average. It is always used for quietening and sedative effects. It is of immense value in the treatment of St. Vitus' dance, locomotor-ataxia, certain genito-urinary disorders, nocturnal emissions, seminal weakness and in some cases of vaginismus and erotomania in both sexes and in general nervous irritability.

Affusion

Affusion is an application of pouring water upon the body from a pail and hence is sometimes called "Pail-pour".

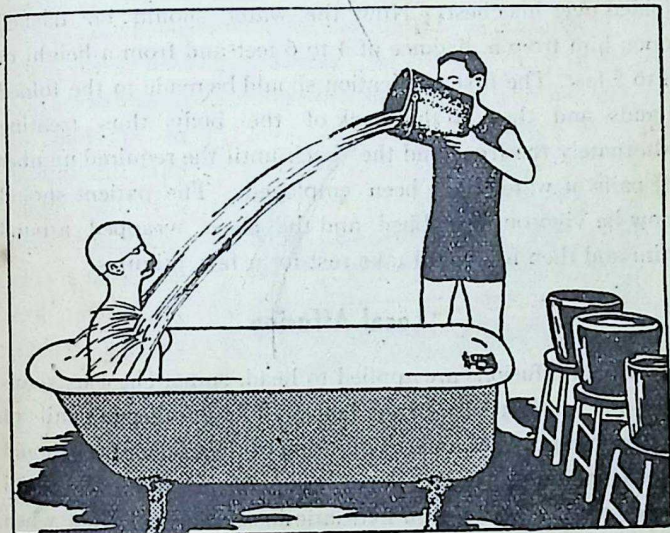


Fig. 2. Affusion.

It is applied locally or to the full body as required. A tub, several pails of water, two towels; a Turkish sheet are the

only requisites. The temperature employed for affusion is between 105° and 110° F. No appreciable results have been noticed with affusion of medium temperature. When it is employed as a general application i.e., to the whole body, the sitting position in a full bath-tub is the best. Before the patient enters the tub, his head, face and neck should be thoroughly cooled with water of a few degrees lower temperature than that to be employed for the affusion. A towel wrung out of cold water should be then wrapped all over his head. The patient sits in the tub with his legs extended and hands folded over his chest. Now the water should be dashed upon him from a distance of 4 to 6 feet and from a height of 4 to 5 feet. The first application should be made to the folded hands and then to the back of the body thus treating alternately the front and the back until the required number of pails of water have been employed. The patient should now be vigorously rubbed and the sheet wrapped around him and then he should take rest for a few minutes.

Local Affusion

Local affusions are applied to head, spine, chest extremities and other parts of the body. The number of pails of water, temperature and the duration of the application should be so regulated as to suit the condition of the patient. Special types of pails are used in hydropathic institutions so that when the water is poured from one side of this pail a broad thin stream is obtained. When poured from the opposite side it flows in a solid column. When applying local affusions to

the feeble and weak patients the feet should be kept in hot water. The affusions serve as the best substitute for a douche, and can be combined with many other baths. If given after fomentations, electric light bath, wet sheet, hot bath or hot blanket pack, it has the strengthening and vitalizing effect. A very short affusion following a cold bath has been shown to increase its antipyretic (fever reducing) effect.

Wet Sheet Pack

The wet sheet pack is also called the full pack. This was first used by Lucas in 1750, and after him V. Preissnitz made its use in treatment of various diseases.

It consists in wrapping the body with a cold sheet and also preventing evaporation by another dry wrapping. For giving a wet sheet pack,

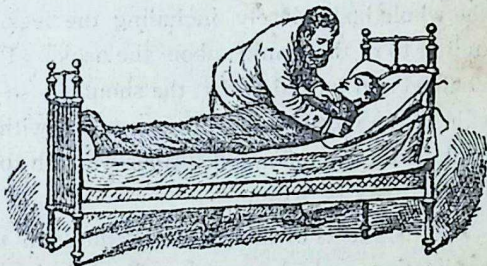


Fig. 3. Wet Sheet Pack.

two large blankets, two large sheets of linen or of hand-spun and hand-woven khadi are required. A large towel and a pail of water at the temperature of between 60° and 85° F. as required are needed. Water below 60° F. is not recommended.

Method:— First spread the towel across a couch at one of its end leaving about six to eight inches space for the pillow. Next to this spread both the blankets. The sheet is wrung out of water of required temperature and laid over the blankets. The patient lies *down* upon the sheet in such a way that the upper edge of the bed-sheet projects 3 inches above the shoulders. Let the patient raise both arms above his head and wrap one side of the sheet across the body tucking it under the other arm. The edge of the sheet down the hip should be tucked around the corresponding leg leaving the other leg uncovered. Now let the patient lower his arms and press them closely to the body while the other side is passed over and tucked in and around the uncovered leg. The blanket now should be made to cover the whole body closely including the legs. A fold is required to fit the blanket about the neck. The blanket is next doubled and tucked under the shoulders so as to protect the skin of the face and neck from contact with the blankets to exclude the air. To add further warmth to the body another blanket may be wrapped.

The effects of the pack depend upon the length of the application, which can be divided into four periods: (1) Cooling or antipyretic; (2) Neutral; (3) Heating; and (4) Sweating.

The cooling or the antipyretic packs are mainly used for their tonic effects. The usual length of the application is 20 minutes i.e., when the patient feels a sensation of warmth returning to the skin. The 2nd or the neutral stage

of the pack begins after 15 or 20 minutes of the pack. If the pack is still prolonged the third or the heating stage begins. After this the body begins to perspire and this stage is called the sweating or the 4th stage.

When the tonic effect is desired, the pack is discontinued no sooner the reaction or sensation of warmth is established. It is best to apply this pack when the patient rises from his bed early in the morning. The tonic pack is useful in all forms of wasting diseases, in anaemia, tuberculosis, chronic toxemia, and disorders of the liver or in cases of chronic malarial infection. It can be safely recommended during the period of convalescence after fever.

The wet sheet pack continued to the 2nd stage is of great value in nervous dyspepsia, neurasthenia, diabetes and other digestive disorders. The author has made its use with success in cases of insomnia and melancholia. The usual time for which this application or Neutral pack is administered by the author is from 30 minutes to 50 minutes. The pack of this duration has further been found useful in hysteria, chorea, epilepsy, delirium, in typhoid and in combating flatulence.

The heating pack or the 3rd stage of the process is, when the pack is continued after the 2nd stage. This pack is extremely useful in cases of cerebral congestion, hepatic and splenic congestion, abdominal dropsy and in the early stages of eruptive fevers. If it is desired to delay the sweating and to prolong the 3rd stage, a towel

wrung out of cold water should be wrapped around the neck.

The sweating pack or the 4th stage of the process is a highly eliminative process. In this stage the pack is continued from 2 to 3 hours or even longer. This is specially useful in cases of *chronic constipation, hypopertesia, chorea in fatty persons, bronchitis with dry cough, acute nephritis, pleurisy, cerebral hyperemia, jaundice and syphilis*. This pack aids a good deal in the elimination of morbid elements from the blood. When such results are desired, profuse perspiration should be avoided by washing the head of the patient and protecting the same with a towel wrung out of cold water.

When profuse perspiration is desired cold or hot water should be given to drink every 15 or 20 minutes and the patient should be covered with more blankets and even hot water bottles can be kept next to the 1st covering. When heating pack is employed in this way it becomes indispensable in cases like *obesity, Rheumatism, gout, sciatica, chronic catarrhal conditions, leptominingitis and septicemia*. Cold wet friction should be given after the application.

Precaution :—

It is not without danger to employ this pack to the patient whose vitality is at a low ebb to react. It should further be avoided in eruptive disorders. During the attack of asthma or bronchitis, the chest should be covered by one thickness of flannel or khadi, also the

sensitive surfaces in neuralgia and in cases where a nervous state of heart and lungs exists, the parts affected should be covered likewise when applying the full pack. If the patient falls asleep in the pack he should not be disturbed.

Cooling Pack

It is applied in the same way as wet sheet pack. The temperature of water used is between 60° to 70° F. Lower temperature than this is not advantageous. The difference between the wet sheet pack and the cooling pack is, that the sheet should be left very wet and that this should be changed at the end of first stage. It is better to use two sheets instead of one, in order to prolong the cooling effects. The shoulders should be carefully protected in this pack. A chill about the neck may cause congestion of the lungs, acute bronchitis and even pneumonia. The wet sheet is renewed after every 10 or 15 minutes. To avoid renewing the latest method adopted is by opening the wraps and rubbing the sheet with ice continuously until the sheet is sufficiently cooled.

The pack is indicated in all cases of febrile diseases as malaria, influenza, yellow fever, typhoid and plague.

Dry Pack

The dry pack is administered by enveloping the patient's whole body excluding the head with dry blankets. If the patient is very feeble, cold or deficient in ability to generate heat it is better to place several hot water

bottles or sand bags at the feet and sides next to the 1st blanket beneath the other coverings.

The patient should be made to drink about a pint or two of hot water before entering the pack. He should be allowed to swallow copious water during the pack as well. The pack is useful in *paralysis*, *paraplegia* or *hemiplegia*. It is specially indicated in cases of collapse and shock. The author has found it most beneficial in cases of *chronic rheumatism* where all other hydriatic or electric applications have failed to produce any result. Applied after the hot water bath, it lowers the *blood pressure* and relieves pains of *sciatica* and *arthritis*. It can also be recommended in cases of *gout*, and *lumbago*.

To relieve local pains apply the pack locally.

Dripping Sheet

The procedure is of great use and service in hydriatic institutions. It consists in a thorough rubbing of the body while enveloped in a wet sheet. A large bed sheet of linen



Fig. 4. Dripping Sheet.

or *khadi* is kept in a vessel of water for a few minutes so that it should be thoroughly soaked and then wrung out. The sheet should remain thoroughly saturated with water and dripping. The sheet is handled from one end and the whole breadth is gathered together. The patient is made to stand in a tub in which cold water 3 to 4 inches deep is kept. Let the patient raise his both arms a little and begin wrapping the saturated sheet round his body from below the left arm-pit. The patient brings his left hand down to keep the sheet in its place and similarly the right arm should be kept down when the sheet passes from below the right arm-pit. Now the sheet is again brought over the chest and shoulders high up on the neck and thus covering both the arms. Tuck the end of the sheet on the right or left side of the neck or the shoulder. The sheet should be kept perfectly smooth fitting tightly to the body. Let the patient hold the sheet with his hands in such a way that the sheet covering the legs should be drawn tightly round the legs. No sooner the patient is enveloped in the wet sheet two attendants should begin with downward-rubbing of the whole surface, vigorously and as quickly as possible. It is better that one should rub the hips and legs and the other, the trunk and the arms. It should be borne in mind that it is not the sheet with which the skin should be rubbed, but the rubbing should be performed over the sheet. Care should be taken that the whole surface of the body is gone over many times in rapid

122.
succession. When the wet sheet becomes warm more water by a pail is poured over the patient and again the rubbing is resorted to. After the dripping sheet is dropped down another dry sheet is thrown about the patient and thus the bath is completed by another rubbing over the dry sheet followed by dry friction with hand.

The effects of the application depend upon the temperature of the water employed, the amount of water left in the sheet and the duration of the application. This process can be applied to the feeble patients in bed or while making them sit on a stool. The colder the water the better are the results. In weak patients or those who are not accustomed to cold water, a higher temperature should be employed, *i.e.*, from 65° to 75° F. and in robust patients the temperature as low as 55 degrees can be employed with good results. The procedure has thermic and mechanical effects. The author has applied it after electric light bath, heating pack or any sweating procedure always with satisfactory results. To procure most refreshing or tonic effects let the sheet be wrung very dry out of cold water at 60° F.

For the inactive and dry skin of *dyspepsia* it is an indispensable remedy. *Neurasthenia*, and *insomnia* where the nervous irritability is not very high, yield to it very soon. In cases of *hypopepsia*, *dilatation of stomach or the colon*, *chronic constipation* and almost in all disorders of the digestive organs, it is of utmost use. This application is further useful in cases of *slow nutrition* as well as where

it is desirable to increase the metabolic activity. It is valuable in obesity, chronic rheumatism, gout and diabetes. "Under its influence the dry, dingy, inactive hidebound skin of the chronic dyspeptic and the arthritic, becomes clear, transparent, supple, moist and elastic after a daily application for a few weeks, especially when used with some suitable sweating procedures once or twice a week, as the electric light or vapour bath or the wet sheet pack."*

The dripping sheet should not be employed in cutaneous eruptions, nervous irritability or severe neuralgia.

Hot or heating abdominal pack.

In this procedure the moist towel is placed around the abdomen at the level of the umbilicus and a rubber bottle filled with hot water is placed over it. A blanket is further wrapped around the abdomen to cover the wet towel.

It has been found especially useful in cases of hyperacidity, gastric irritation, flatulence, gaseous eructation vomiting of bile. The pack when applied to the pelvic region is useful in amenorrhea, dysmenorrhea, inflammation of uterus, catarrh of the bladder and congestion of the pelvic and abdominal viscera.

**Rational Hydrotherapy* by J. H. Kellogg, p. 661.
1923 Edition.

4 When it is required to relieve the congestion of the liver or of kidneys, the hot bag should be applied to the lumbar region on the left side.

Local Heating Pack

This procedure can be applied to any part of the body such as abdomen, chest, neck, spine, joints and others. The pack is named after the part to which it is applied.

The part to which the pack is to be applied is enveloped with a sheet wrung out of cold water and covered by flannel cloth or blanket. If further protection be needed an oil or rubber cloth can be used. The author has found it of great service in open wounds, abscesses, boils, inflammatory conditions, chronic arthritis, phlebitis and synovitis.

Abdominal Heating Pack

This is the most serviceable procedure in hydrotherapy. F. E. Bilz has verily remarked, "If there were such a thing as universal remedy, the nightly abdominal pack would above all deserve this title." He writes further in his well known book, 'The Natural Method of Healing,' "Its effect is absolutely astonishing in female complaints."

Like all other cold applications this application should also be given after the part to be treated is well warmed. This procedure quickens functional activity and relieves all chronic or acute inflammations which are hot to touch.

It is indicated in cases of *constipation hypopepsia, congestion of the liver and spleen, intestinal tuberculosis, sleeplessness, gastric irritation, Nervous headache, flatulence, melancholia, and neurasthenia.*

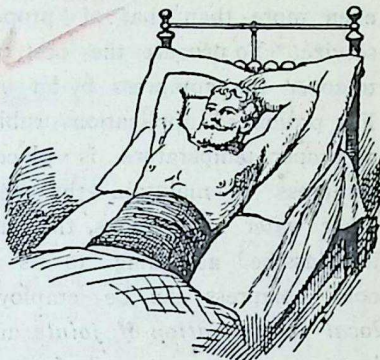


Fig. 5. Abdominal pack.

When this very procedure is applied to the chest this is called "Chest Pack." The chest pack has been used with considerable success in pulmonary tuberculosis. It controls the cough and lowers the temperature. The pack has been found very useful by the author in cases of *chronic bronchitis, and pleurisy.*

The heating Neck-Pack is useful in tonsilitis, laryngitis and clergyman sore throat. The author has used it in cases of diphtheria, with success. The heating Joint-Pack is applied in cases of old joint troubles or painful affections of the joints.

The local heating packs have already been discussed elsewhere.

The Compress

The compress is perhaps the most simple of all the hydriatic applications, yet a very efficacious one. In this

application, water of any temperature is employed to the skin by means of a cloth or through another suitable medium. A linen cloth of two to four thicknesses or even more than that of proper size renders the best service. To procure the best results, it is always good to cover the compress by an oil cloth or rubber sheet. For prolonged applications rubber bag filled with water of proper temperature is placed and applied over the compress to maintain the desired temperature. Like other water applications, the compress varies in effects and is classified according to its temperature. The very cold compress can be employed in the suppression of *local inflammation of joints* and *inflamed wounds*. It lowers the temperature in fever and relieves delirium in febrile conditions by applying to the head. Very cold compress or the ice bag over the stomach for half an hour before meals is exceedingly useful in *anorexia*. It is further useful in *inflamed haemorrhoids* when applied locally and also in *cerebral congestion* when applied about the neck. The *nose-bleeding* is immediately stopped by applying cold compress to the face and the upper spine. In *bleeding haemorrhoids*, *uterine haemorrhage* the cold compress applied to the inner portion of the thighs has the immediate effect of checking the bleeding. In cases of *haematuria* or *haemorrhage from the kidneys* a cold compress to the thighs, prenum, and hypogastrium along with a very hot fomentation over the lumbar region is very valuable. Cold compress over the stomach checks

vomiting. It relieves the pain of architis. Dr. W. W. Winternitz, professor of Nervous-diseases, of the medical department of The Royal and Imperial University of Vienna, has recommended very strongly the application of cold compress or ice bag over the heart for half an hour twice a day in cases of palpitation and cardiac insufficiency, as a substitute for digitalis.

The Fomentation.

The fomentation is an application of heat to the skin through a cloth wrung out of hot water or by means of hot water bottles or rubber coil. The fomentation also serves as the local vapour bath. The best material for fomentation is cloth of heavy flannel or woollen cloth. These should be sufficiently long and wide to meet the conditions. For giving fomentations about half a bucket of boiling water is needed or still better if a vessel, like a washing basin is used. In order to keep the water constantly boiling keep the bucket or the basin on a small charcoal or stove. Let the patient lie or sit as the condition may require. Dip the fomentation cloth into the boiling water, while grasping both the ends, when it has thoroughly soaked in the boiling water, twist both the ends quickly so that the cloth may be wrung out thoroughly and place it on the part to be fomented. Always apply dry cloth next to the skin and apply the fomentation over it. One can also apply vaseline or cocoanut oil to the surface to be treated. The

duration of the fomentation varies according to the condition of the patient. The treatment should be finished with a short cold application.

The fomentation gives relief nearly in all cases of painful affections. "*They are far superior to liniments and ointments of all kinds.*" (Dr. A. C. Selmon, M. D.) The fomentation must cover a sufficiently large area in order to obtain good results especially in cases of pains.

Fomentation like other hot applications has a primary or exciting effect and also a secondary sedative effect. But when sufficiently prolonged this secondary effect is depressing. Dr. J. H. Kellogg writes in Rational Hydrotherapy, "The fomentation is always indicated when it is necessary to subside a swelling. It increases local blood supply, promotes leucocytosis, and awakens functional activity."

It is most efficacious in liver disorders where congestion and inflammation are present, acute and chronic gastritis, splenic congestion and enlargement, peritonitis, ovaritis, entritis, in all inflammatory affections of the muscles and the nerves, in irreducible hernia, sciatica, diseases of the eye ball, toothache, migraine, earache, lumbago, in inflammatory conditions of larynx, fauces or tonsils, in pain from gall-stone, renal calculi and neuralgia.

The author has found the use of hot fomentation followed by cold compress or heating pack very beneficial

in cases of diphtheria, as well as in pneumonia, pleurisy, acute bronchitis, asthma and inflammation, of prostrate.

Fomentation applied to the upper part of the spine and to the back of the neck for a short time along with the cold compress to the chest, stops hæmorrhage from the lungs.

There are three methods of giving fomentations:—

1. The hot fomentation.
2. The alternate fomentation.
3. The revulsive fomentation.

The method of giving hot fomentation has already been explained.

2. The alternate fomentation consists in the application of very hot and very cold fomentation of equal duration alternatively. It should begin with hot fomentation and end with cold.

3. The revulsive fomentation is given in the same way as the alternate fomentation. The difference is that the cold application is always of short duration. The best method of applying it is that the hot application should be applied for 4 or 5 minutes and the cold application for 20 or 40 seconds.

The Sponge Bath

The sponge bath is an application of water of various temperatures to the surface of the body by means of a wet towel or sponge.

The patient whose blood circulation is irregular and weak should be made to stand in a foot-bath tub containing water at a temperature of 104 to 110 degrees, with his head, face and neck bent forward, so that the same may be thoroughly and repeatedly washed with cold water.

When the sponge is given in a standing position, it should be first applied across the chest and abdomen, then the arms and legs. The rubbing should not be very hard and the sponge should be again saturated with water of the desired temperature as soon as it becomes empty.

This process should be finished rapidly. When the sponge



Fig. 6. Sponge Bath.

is completed, let the patient step out of the foot bath and pour cold water over the feet. The patient should be covered with a dry sheet and quickly rubbed dry to encourage reaction.

To a patient who is unable to stand, the sponge should be given in bed. The feet as well as the whole surface of the body of such a patient should be first warmed. Wash the neck of the patient before the treatment. The patient should be undressed and then covered with a bed sheet. Now begin giving the sponge, taking care that no portion of the body should be exposed to air except the portion you are treating. And even this should be covered after drying as quickly as possible. First take one arm then the other and after that the chest and abdomen, the front and the back side of the legs should be taken subsequently.

The effects of the sponge bath differ according to the temperature of water and the duration of application employed.

The best time for giving sponge bath is in the morning on rising.

Dr. Sir William Osler in his book "The Principles and Practice of Medicines" recommends the sponge bath as most useful in typhoid.

The cold sponge bath is exceedingly useful for reducing high fever. Daily sponging of the chronic invalids,

with water at a suitable temperature, builds the resistance power of the patients and also maintains skin circulation.

The general hot sponge bath is of great value in relieving the night sweats of consumption, also general nervousness in neurasthenia.

Alternate sponging of the spine is a powerful excitant of the cardiac and respiratory centres and proves helpful in cases of *toxemia* in which the heart's action is greatly weakened.

The hot alkaline sponge bath (120 to 130 degrees F.) is of great service in *urticaria*. To render the water alkaline add half an ounce of soda-bi-carbonate to one-and-a-half seer of water.

Full Immersion Baths

For full bath, a tub of the length of the body (between $5\frac{1}{2}$ and $6\frac{1}{2}$ feet), about 18 inches deep, 25 inches wide at the top and 18 inches wide at the bottom is required. Sufficient water of the required temperature is placed in the tub so that when the patient lies on his back his whole body may be completely immersed with the exception of the head which should rest on an air pillow.

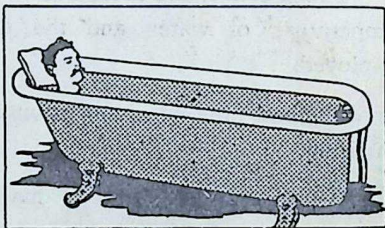


Fig. 7. Full Immersion Bath.

Hot Full Bath (100° to 110° F.)

Always begin the bath at the temperature of 100 degrees and then gradually raise it to 110 degrees. The duration of the bath should be from 5 to 20 minutes. Keep the head cool during the bath, by applying a towel wrung out of cold water or by applying an ice-bag. Finish the bath by giving cold shower or affusion immediately on rising from the tub.

The hot bath is taken to excite the action of the skin and to produce relaxation of the tissues and muscles of the body. It proves useful in many cases of sleeplessness, when taken just before retiring. Nothing breaks up a cold so immediately as a hot bath. It is indispensable in cases of chronic catarrhal affections like bronchitis, and auto-intoxication, rheumatism, gout, neuritis, kidney diseases, Bright's disease, dropsy, sciatica as well as for people with poor circulation and sufferers from obesity. In cases of dropsy and obesity when it is associated with cardiac weakness, the use of hot bath should be made with a great care. In cases of dysmenorrhea (suppressed menses) and amenorrhea (scanty and painful menses) hot baths are of special value.

The hot baths are weakening in effects and so should not be prolonged. If during the bath the feeling of weakness and languor occur the bath should be discontinued. After finishing the bath wrap the patient in a bed-sheet and

while covering him well with blankets, let him lie down on a couch from half-an-hour to an hour. The head and the face of the patient should be occasionally washed with cold water.

Warm or Neutral Full Bath (90° to 100° F.)—

Duration of the bath is 10 minutes to 3 hours but it is generally given for 30 minutes or one hour with a cold compress applied to the head. The room should be warm. The temperature of water should not fall below the desired temperature during the application, and for this purpose add more hot water from time to time. A bed-sheet or blanket can further be stretched over the tub thus covering the patient. While finishing the bath lower the temperature of water by 2 or 3 degrees but never below 90°F. When the patient comes out of the tub, throw a bed-sheet around him so that the moisture may be absorbed. No rubbing should be done. The bath is very useful in cases of derangements of *urino-genital organs*, in chronic inflammation of brain and spinal cord, in *meningitis*, *paraplegia*, *locomotor-ataxia*, *chronic diarrhea*, *dyspepsia* and *dropsy*. It is a boon to the patients suffering from *high blood pressure* and whose systems are very much depleted. It can be given safely to patients suffering from weakness of the heart, poor circulation, and epilepsy.

For hypnotic or general sedative effects there is no measure superior to the warm bath and as such it is of special value in *sleeplessness*.

Tepid Full Bath—

A bath of 80 to 90 degrees F. of 5 to 10 minutes duration, is largely used for cleansing purposes.

Cool or Cold Full Bath—

A bath of 50 to 80 degrees F. a dip only to 20 minutes duration depending upon the vital powers of the individual is strongly invigorating.

The bath should not be indulged in during the process of digestion or where the body is not first warmed. The patient's face and head should be well-washed before he enters the bath and his head should be protected with a towel wet in cold water. The patient should be vigorously rubbed during the bath to secure reaction. When employed after the hot bath, it serves as an excellent means of toning the skin. In hypopepsia the cold bath given in alternation with the hot bath of equal duration is found very serviceable. The morning short cold bath is not only very refreshing but accelerates the appetite and circulation. Besides being stimulating and a tonic, it raises the vital forces of the body and fortifies it against acute or chronic diseases. In hospitals in Germany it is used in the treatment of various kinds of fever.

To young children as well as in old and feeble persons the cold bath should be avoided.

Graduated Bath

A tub used for full immersion bath is needed for graduated bath. The patient lies down in the tub and the temperature of the water is lowered gradually and continuously to a certain degree by adding cold water to it.

Ziemssen is of opinion that the patient should enter the bath at a temperature of about 10 degrees below that of the body and then it should be lowered at the rate of 2 degrees per minute to 77 degrees, where it should be continued until shivering and chattering of the teeth occur. Brand also agrees with Ziemssen in the process of lowering the temperature.

The above process gives a nervous shock to the patient. The best method however is to make the patient enter the tub at a temperature 3 or 4 degrees below the temperature of the body. For instance, if the temperature of the patient is 104° the temperature of the bath should be 100° . At this temperature the patient experiences no shock. The temperature of the bath is lowered at the rate of one degree every two or three minutes until the temperature reaches 86 degrees. The temperature should not be reduced further.

The patient should be continually rubbed in the bath to prevent chilling and shivering. The graduated bath is an excellent means of reducing temperature in fever.

Brand Bath

The Brand bath is named after its inventor 'Brand'. The face and the head of the patient are washed with cold water. The patient is immersed up to the neck into the tub containing water at a temperature of 70 to 80 degrees. The head is protected with a towel wrung out of cold water.

The patient is vigorously rubbed in the bath for 2 to 3 minutes after which he sits in the tub for a few seconds. Two to three gallons of water are poured upon the

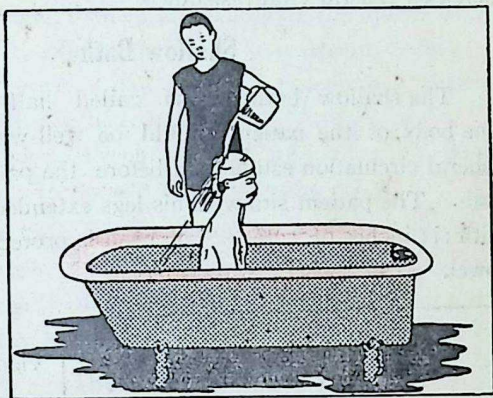


Fig. 8. Brand Bath.

head of the patient and he lies down once again. The rubbing is continued for 5 minutes. The patient sits again, and cold water is poured on his head after which he lies down and the rubbing is repeated.

In the beginning the patient may experience an uneasiness, which is relieved after the affusion to the head. The bath is continued for 10 to 20 minutes. If the patient begins to feel shivering or chattering of teeth during the

bath, he should be quickly removed from the tub and placed in a bed, well covered with blankets.

The bath should be repeated every 3 or 4 hours or sooner if the rectal temperature reaches 102 degrees.

It is most effective and a valuable therapeutic procedure in *febrile disorders*. It energizes the nerve centres, invigorates the action of kidneys, liver and spleen and increases general vital resistance.

Shallow Bath

The shallow bath is also called half or partial bath. The body of the patient should be well-warmed and the general circulation established before the patient enters the bath. The patient sits with his legs extended in a tub filled with six inches of water. The head is protected with a wet towel.

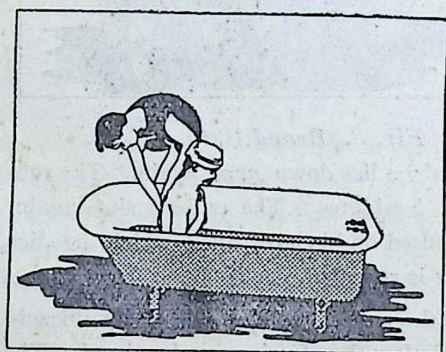


Fig. 9. Shallow Bath.

for 10 seconds and rubbing for other 20 seconds follows.

The patient vigorously rubs his arms, chest and abdomen and the attendant rubs the neck and the sides for 20 seconds. Then a pail or two of water are poured upon the back of the patient

मधुमेह, मन्दाग्नि

The patient now lies down in the tub and his legs are rubbed by the attendant for 10 seconds.

This process occupies one minute in all. For a bath of two minutes or more the above process is repeated.

When employed for tonic effects the temperature of water should be between 65° and 75° . The duration of the bath should be from one to three minutes.

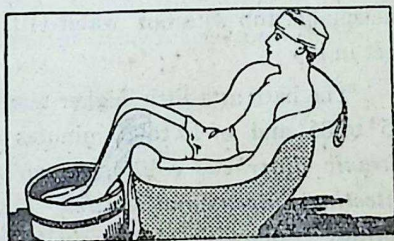
It stimulates metabolism and combines the effects of the rubbing wet sheet, affusion and the immersion baths. It proves to be a great sedative and a quietening measure when employed at the temperature of 80° to 85° .

It is indicated in cases of *organic affections of spine, chronic myelitis with exudate, anemia and piles*.

The shallow bath is most refreshing and vitalizing after electric light bath, vapour bath, or similar sweating measures. Its use in *gastric neurasthenia, hypopepsia and diabetes* is equally important.

The Sitz Bath

A common tub of metal or porcelain with its back raised about 8 to 10 inches higher than the front edge as shown in the figure should be used for the purpose.



The water is so filled in the tub as to reach a little above the navel

Fig. 10. The Sitz Bath.

and the patient sits in it, keeping his legs and feet outside. The head should be protected with a wet towel. In order to prevent the pressure exerted by the edge of the tub upon the thighs, place some thicknesses of folded towel under the legs and also behind the back. There is also used a separate and smaller tub for the feet. The patient rubs his abdomen crosswise and the attendant rubs the back portion and the sides dipped in water.

The effects of the bath vary according to the temperature and duration employed.

The Cold Sitz Bath

The temperature used for the bath is between 55° to 65° and the duration from one to 10 minutes.

The bath stimulates the out-flow of bile. It is extremely useful in *jaundice* after steam bath or hot enema. It is very valuable in cases of *hasty ejaculation, constipation, prostate enlargement, gleet and piles*.

If it is winter and the patient is unable to re-act fully, fill the smaller tub with hot water (102° to 104° F.H.) and keep feet in it.

The bath at a little higher temperature that is between 65° to 85° and of 10 to 20 minutes duration is effective in *chronic diarrhea, colitis, hemorrhage of the bladder, intestines, uterus and rectum, bleeding or blind piles and fistula*. Following the vaginal douche the bath is very useful in combating the pelvic congestion.

The bath taken at a temperature between 85 to 92 degrees is useful in *catarrh of the bladder and urethra*, *subacute inflammation of the uterus, ovaries and tubes*, in removing the *neuralgia of fallopian tubes or of the testicles*, *gonorrhea, spermatorrhea, menorrhagia, insomnia, gall-stone, digestive disorders, and intestinal tuberculosis*. In *hysteria and epilepsy* the bath is equally useful. It invigorates the action of the *kidneys and liver*.

The Hot Sitz Bath

The bath taken at a temperature of between 104 and 108 degrees of 3 to 15 minutes duration along with a hot foot bath 100° to 155° F. is most serviceable in *amenorrhea, dysmenorrhea, painful and inflamed hemorrhoids, ovaritis, cellulitis, inflammation of the uterus, retention of urine, renal colic and nephritis*.

The Revulsive Sitz Bath

It consists in very hot and cold application of the bath. The patient sits in the hot water for 5 to 10 minutes and when he rises from the bath he gets a dip into cold water for a few seconds or a pail of cold water is poured upon the hips. It is useful in *leucorrhoea and inflamed uterus*.

Natural Bath (Adult Just)

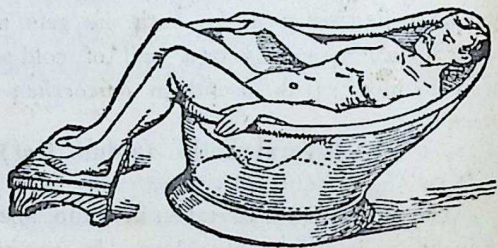
The natural bath is taken in a tub about 4 feet long, 18 inches wide and 9 inches deep. It combines the effects of cold foot bath, friction hip bath (Kuhne) and full wash, About 4 to 6 inches deep water at a temperature of 70° to

92° F. in the tub and the patient sits in it with his legs extended and knees raised. He first rubs perineum, testicles and groins with his hand for 5 minutes, and then dashes water against his abdomen with hands and vigorously rubs the same crosswise for another 5 minutes. After this he throws water upon his whole body for a few seconds. He now leaves the bath and dries his body by rubbing it with bare hands.

The bath has been used by the author with excellent results in cases of *nervous dyspepsia*, *neurasthenia*, *flatulence*, *torpid or sluggish liver*, *vertigo* and *eye troubles*. It helps in building up the general resistance of the body. It is exceedingly useful in almost all cases of *sexual weakness*.

Friction hip bath (Kuhne)

It is taken in the same way as the aforesaid sitz bath with the exception that the feet are simply covered with some woollen or flannel cloth and not dipped in the hot water and that the head is not protected with a wet towel.



When the patient is in the tub, he reclines and leans against

Fig. 11. Friction hip bath (Kuhne).

the raised back of the tub. The crosswise, as well as from navel to downward, rubbing of the abdomen is performed. The effects vary according to the temperature and duration of the bath as explained above under sitz bath.

In cases of pulmonary tuberculosis the bath is very useful. The water in such cases should reach up to the lungs. It has cured many-a-hopeless cases of toxemia and chronic dyspepsia. The warmth must be resumed to the body after the bath by taking a brisk walk or lying down in bed well-covered. H. L. Kuhne used this bath in almost all diseases and claimed it to be cure-all. The experience of many who took this bath has justified his claims.

Friction Sitz Bath (Kuhne)

The friction sitz bath is taken in the same tub as is used for friction hip bath or sitz bath. The patient sits on a foot stool placed about 3 inches lower than the edges of the tub. The usual quantity of water at 55° to 65° or fresh water required is from six to eight gallons or that it may reach up to the level of the foot-stool leaving the top dry.

The patient now sitting on the board, keeping his legs outside the tub, draws forward the fore-skin of the male organ and holds it with middle and fore-fingers of the left hand. He then applies a mild friction with jute or linen cloth of the size of a handkerchief to the extreme edge of the fore-skin drawn forward. No rubbing or friction be

applied to the tip of the glans penis. In cases of Mohammedans the friction is applied to the perineum, groin and the tail of the spine. Kuhne recommends the use of a lunar shaped wooden board to be placed in the tub instead of the foot stool.

To women the bath is given by applying the rubbing to the external lips of vagina.

The bath is generally taken for a longer duration from 10 to 30 minutes or 45 minutes twice or thrice a day or even more than that. Care should be taken to restore the warmth of the body quickly after the bath either by exercise or by additional wraps and coverings.

It is very useful in *Nervous affections, neurasthenia, melancholia, hypochondria, delirium, febrile conditions, diabetes, brain fag, giddiness or vertigo.*

In chronic cases of *paralysis, rheumatism, headache, chronic catarrhal conditions, neuralgia of the face and head, curvature of the spine, tuberculosis of the bone, eye troubles* like defective short or long sight and in many *throat troubles* the bath is given with wonderful success in the leading Nature Cure institutions. In cases of *seminal weakness, total loss of virility* and *low retention* nothing equals this bath. It is of great service in *sterility* and to women who have the tendency towards *habitual abortion or miscarriage.*

The author has applied the friction sitz bath in the cure of *diphtheria* with success, found it very serviceable in

skin diseases like *eczema* and also in diseases such as *fistula*, *sinus* and *carbuncle*.

To have the prompt and immediate effects let water stand about 2 inches above the stool.

The Clay Bandage or Mud Plaster

The healing virtues of clay are no mystery to our countrymen. In many *skin diseases*, *boils*, *abscesses* and *painful affections* its use is made both by the people living in small villages and in big and congested cities. Clay is one of the Nature's greatest curative agents.

The clay is applied cold or warm mixed with water in the shape of pack or poultice.

It is useful in *lowering temperature* in high fever. It relieves *delirium* and *headache with congestion*. It is a serviceable remedy in *disorders of inflammatory nature*, *catarrh of the bladder* and *intestines*, *infantile liver*, *boils* and *abscesses*. It is equally important in relieving *constipation* and combating *flatulence*.

A frequently repeated warm or hot clay sitz bath is a cure for *sciatica*. The clay pack is an indispensable remedy in *rheumatism*, *gout*, *arthritis* and *neuritis*. It relieves pains of *lumbago* and *osteo-arthritis*.

Bathing

The skin is one of the organs, through the pores of which the waste is relieved from the body. As this waste is thrown out, a part of it accumulates and remains sticking on the surface of the skin or at the opening of the pores. This needs immediate and frequent cleansing. Hence daily bath for this purpose is most necessary. Toilet preparations are injurious. They should be replaced by the nature's precious but free gift (water). Our skin with millions of pores, intended to discharge waste substances from the blood, cannot be more thoroughly and easily cleaned by anything than by water. Bathing therefore is an essential condition for our well-being. But care is necessary as much in bathing as in everything else. The frequency, time and duration of a bath as well as the temperature of the water have to be carefully noted in individual cases. As a general rule daily morning baths of 10 to 20 mts. duration with water not under 65° and not over 77° are the best to be recommended. After a bath the skin should be rubbed hard with dry towels.

A bath in the open air, especially in sunshine is most conducive to health. "If the bather under heaven's canopy" says a distinguished author, "takes a few minutes excuse directly after bath, the sun's rays greedily absorb moisture from the skin whilst the immediate contact of the air with it exercises a wonderfully stimulating and vivifying effect on it".

Every person, male and female should therefore accustom himself or herself to a bath, if he or she is unused to it. Hundreds of troubles, hydrophobes are saddled with, can be easily got rid of by taking regular baths. The value of river or sea baths and swimming is far greater than that of the ordinary bathroom wash. But every one of us cannot have the facilities for these everywhere and always at his disposal. We may however try to avail ourselves of the opportunities for such baths when they present themselves. Meanwhile the ordinary baths will do and do the needful indeed. The following hints on bathing may be of use to the average man :—

1. Bathe daily in the morning, preferably about half an hour before breakfast. Never bathe after your meals till three or four hours have passed.
2. Do not stay in water too long. Never let yourself feel cold, uncomfortable or nervous during a bath.
3. The temperature of water should be a little lower than the temperature of your body.
4. Rub your body well while bathing. Dry it thoroughly with a towel.
5. Do not allow too much air to play on your body while bathing. Avoid direct draught when you are bathing indoors.

6. Do not bathe when you are over-heated, wait till you cool off. Leave the bath before you feel chill. Take only a short, quick bath.
 7. Use soap occasionally only when a more thorough cleansing of the skin is required. Strong soaps are injurious. Vegetable soaps are best. Do not rub soap on the body, but wash it with soap-water.
 8. Once or twice a week, if not daily, rub the body with mustard, til or olive oil before bath.
 9. Warm yourself immediately after the bath either by taking exercise or by lying down covered for a few minutes.
 10. A cold bath is more stimulating and beneficial than a hot one, but if you shudder at the thought of it, better do not take it unless you have rubbed your skin so warm as to make the cold water "feel good."
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INTERNAL BATHS

The Enema

The procedure of enema consists of introducing a quantity of water into the colon.

A simple enema can be given cold, warm, hot or hot and cold alternately. Large quantity of water should never be used as it stretches the bowels beyond its normal elasticity and thus lessens the tone of the muscular walls. No air should pass into the bowels when applying enema, as this may sometimes cause severe pain.

Some attempt to take an enema in the sitting position. In this position the water does not pass the sigmoid flexure (a loop lying at the entrance of the rectum and thus only the cleansing of rectum can be effected). The second position adopted is, lying on the right side. The water in this position is compelled to rise against gravity through the sigmoid. This relaxes the walls of the sigmoid and also fails in flushing the colon completely. The 3rd position taken by some patients is lying on the left side. This is a bit improved position, but the still better position is lying on the back with hips slightly elevated. In this position water gets a free passage through the sigmoid into the descending colon and the result thus achieved is greatly satisfactory. The most satisfactory position for all except the bed ridden is the knee-chest position. The patient kneels upon a table and then leans forwards resting the chest upon the hands or elbows keeping the buttocks high

and the head low. In this position the gravity assists the water in its flow through the descending colon and across the transverse. A gripping sensation is felt as the water flows in, this will soon disappear if the flow is arrested for a little while.

The temperature of water usually employed is 98 degrees but better results can be achieved by applying water at 70 degrees. The enema is certainly most useful as a means of temporarily relieving *chronic intestinal inactivity*. A pint of cold water introduced into the rectum at bedtime serves as a good laxative. The cold enema is very serviceable in reducing the temperature in fever. It encourages the action of liver and kidneys and cleans the alimentary canal. It helps in breaking the *chronic constipation*.

The hot enema is one of the best means of combating an *inflammatory condition of the pelvic viscera*. It is an invaluable remedy in the treatment of *prostatic inflammation, hepatic or biliary colic, intestinal obstruction and retention of urine*. (A hot enema, from 105° to 110°, followed by a cold enema at 60° is very useful in *jaundice*.)

In taking Coloclyster or high enema the patient lies in the right sim's or knee-chest position as mentioned above.

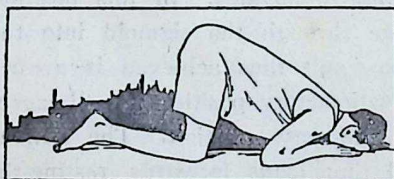


Fig. 12. Knee Chest Position.

The idea underlying this procedure is to introduce the largest possible quantity of water into the

colon without over-distending it. The temperature usually employed is 92 to 95 degrees, once the colon has been thoroughly cleansed the quantity of water should be gradually reduced every day.

It is better to use high bowel catheter (colon tube) for this purpose. As the water enters, rub along the colon from left to right *i.e.*, rub upwards from the left side of the abdomen reaching say up to the lower ribs, therefrom rub towards the right and then downwards. Take as much water as is possible. When water is being ejected, give reverse rubbing along the colon *i.e.* from the right to the left to ensure complete evacuation. It is useful in digestive disorders, infectious jaundice, dysentery, colitis, rheumatism, gout and lumbago.

The graduated enema is a good plan of breaking enema habits or overcoming the *chronic constipation*. In this procedure the quantity of water is reduced and the temperature is lowered every day. To enable the reader to understand it clearly, the plan is given below :—

1st	day	...	...	4 Pints	at	102° F.
2nd	"	...	...	3½ "	"	98° F.
3rd	"	...	...	3 "	"	94° F.
4th	"	...	...	2½ "	"	90° F.
5th	"	...	...	2 "	"	86° F.
6th	"	...	...	1½ "	"	82° F.
7th	"	...	...	1¼ "	"	78° F.
8th	"	...	...	1 "	"	74° F.
9th	"	...	...	¾ "	"	70° F.
10th	"	...	...	½ "	"	66° F.
11th	"	...	...	¼ "	"	62° F.
12th	"	...	...	1/4 "	"	58° F.

Rectal Irrigation

For this purpose a Y shaped tube is used, one end of which serves as an inlet and the other end as an outlet. The water thus injected into the rectum from one end of the tube flows out from the other end. The patient can lie on his back or in knee-chest position.

For hot rectal irrigation the water is used at 102° to 105° F. The procedure is useful in *chronic cystitis with frequent and painful urination*, in *inflammation of the prostate, rectal catarrh, rectal ulcer* and spasm of the sphincter.

The cold rectal irrigation 70° to 80°F. is useful in stimulating the bowels movement.

Stomach Irrigation

The stomach irrigation or lavage consists in washing out the stomach by a rubber tube which is usually provided with a rubber or glass funnel. The patient sits with his head slightly bent forward. The tube is introduced well back into the throat and the patient is instructed to swallow whereas the attendant makes gentle pressure downward and the tube is thus carried down into the stomach.

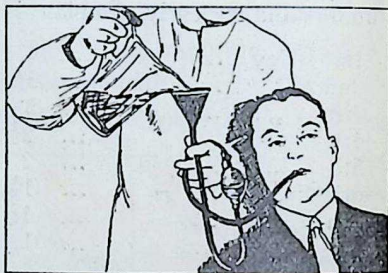


Fig. 13. Stomach Irrigation.

After the tube reaches the stomach a pint or so of lukewarm water with or without salt which is to be added in the proportion of a teaspoonful to a quart of water, should be poured into the funnel. Now the outer end of the tube is lowered below the level of the stomach and the water will begin flowing out. The process should be repeated until the water runs out clear. When the water in the stomach is finished take out the tube by pinching it tightly between the thumb and finger to close it completely and then withdrawing quickly but gently. The process is especially useful for *chronic dyspeptics*.

Where the stomach tube is not available, let the patient drink a glass of very cold water. Ice can be added to it if desired. Just after it let him drink another glass of hot water in which a tea-spoonful of common salt has been added. Just a little tickling with the finger in the throat will bring out the water and thus the stomach will be washed. In cases of *chronic gastritis, dilatation of stomach and hyperacidity*, the process is extremely beneficial.

Water Drinking

Very few persons have an adequate knowledge of the real value and the great benefit of water as applied to the human body. Some people state that they feel sickness and discomfort in the stomach after drinking water. There are some who never, or hardly ever bathe.

As a matter of fact water is an element which not only develops, vivifies the body but also strengthens and

hardens it. It is one of the five elements 'Pancha Tatva' of which not only the animal world but even the entire universe is composed. About 70 to 75 per cent of our physical body is of water. It is impossible to dispense with it without greatly endangering the system. Pure water is the best drink. No other beverage, mineral water, tea, or beer—can be substituted for it. Truly speaking, the so-called cooling and refreshing drinks our civilization has provided us are very injurious to the gastric mucous membranes and undermine the health of the consumer.

Water dissolves and loosens everything that has no place in the stomach. It drives out the impurities from there and tones up the entire circulatory system.

Pure water is colourless, odorless and tasteless. Anyone who has not been living too unnaturally can comfortably drink a quart or two of water in the course of a day. Unlike artificial drinks the value of which is usually over-estimated by us, the water is more beneficial and nourishing. By cleansing the stomach and intestines and freeing them from phlegm it stimulates the weak digestion in a natural manner and produces a healthy appetite gradually. Without sufficient water being taken the waste in the system cannot be kept moist enough to pass easily through the colon; hence the value of water drinking in cases of constipation.

Just as we have no other means of putting out a fire but to pour water over it, in the same way water is

of immense therapeutic value in cases of fever which, in the words of Father Kneipp, is an internal conflagration, which water easily puts out.

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Hippocrates had long ago recognised the benefit of drinking cold water in fever. The Egyptians have, from time immemorial, been making its use in the treatment of fever. Ham, the pioneer hydropath of the 19th century, Bernard, the great French Physiologist and so many other notable authors on health recommend the free use of water in fever. In the words of Dr. Kellogg, "Water drinking is an internal bath which purifies the body and makes the stream of life run clear and pure."

The following hints in connection with drinking of water will be found useful :—

1. Never drink for the sake of drinking. Drink when you are thirsty.

2. Avoid hot drinks of all kinds, tea included, the leaves of which contain a bitter astringent, called tannin which is very injurious to the delicate membranes of the stomach.

3. Liquid of any kind taken just before or during meal dilutes the gastric juices and thereby renders them less active for their work. Avoid drinking water for an hour after the meals as well.

4. Two quarts to five pints of pure and fresh water is necessary for an average man.

5. Do not drink water which has hazy or cloudy appearance or that gives out odour.

6. A cup of warm water at bed-time and a cup of fresh or cold water on rising helps the easy evacuation of the bowels, sharpens the appetite and improves digestion. Many a man suffering from constipation and dyspepsia has been rid of his troubles by this method.

*all over the
3 May 2003*

THE SWEAT BATHS

There are various kinds of sweat baths, called steam bath, Turkish bath, vapour bath, hot air bath, Russian bath and cabinet bath. They differ from one another in their methods, but the under-lying principle of all of them is to make the body or the part of the body perspire.

Perspiration plays an important role in maintaining one's health and so in restoring it. Through sweat baths a large amount of morbid matter is thrown out from the system through the pores of the skin, this relieves internal congestion, and helps in securing perfect equilization of the circulation as well as in stimulating glandular and cellular activity.

Turkish Bath

Turkish bath is called hot air bath or cabinet bath. The patient is undressed, his head and face well washed with cold water, is made to sit on a stool in the cabinet made for the purpose. The air of the cabinet is gradually heated to 200 degrees. A temperature from 140° to 180° F. is usually sufficient to produce profuse perspiration.

The Turkish bath should ordinarily be always followed by some sort of cold application to increase the tone of the blood vessels and to energize the nerve-centres.

The bath is specially recommended in *rheumatism*, *sciatica*, *lumbago*, *gout*, *paralysis*, *chronic dyspepsia* and

billiousness. In extreme cases of *Bright's disease* and painful affections in which cold applications are contra-indicated, the bath should be followed by tepid sponging. The hot air bath or any other sweat bath should not be indulged in by patients suffering from skin eruptions (unless under expert's opinion), cardiac weakness, during fever and diabetes with emaciation, also by those who suffer from neurasthenia, melancholia or nervous diseases.

Russian Bath

The Russian bath is an application of hot vapour or steam. The patient is made to remain in a steam-heated room from 10 to 20 minutes after which he receives a shampoo and a shower bath or plunge bath.

It affords immediate relief to patients suffering from *acute bronchial catarrh*. It quietens pains both rheumatic and neuralgic. It is useful in most of the skin diseases.

Vapour Bath or Steam Bath

The steam baths are given in various ways according to the conditions and circumstances of the patient. To invalids and feeble patients it can be given in bed or chair. Herr Louis Kuhne has designed a cane couch



Fig. 14. Full Steam Bath.

for full steam bath and also for abdominal steam bath. He has also recommended the use of special kinds of steam generators in which the water is continuously kept boiling by spirit lamps.

In the absence of steam generators the water can be heated to the boiling point in kettles which are then placed either under the couch or the chair.

The patient is undressed, his head and face washed with cold water, a towel wrung out of cold water is placed around his head and he is either asked to lie down on the couch or sit in the chair ready for the bath and then covered with blankets all round.

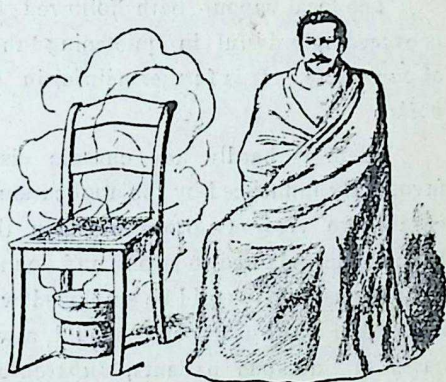


Fig. 15. Chair Steam Bath.

The vapour bath is a powerful eliminative measure. It is indicated in *gonorrhea*, *retention of urine*, *uremia*, *syphilis* and *throat diseases*. It is an indispensable remedy in *rheumatism* with *obesity*, *gout*, *sciatica*, *lumbago* and *albuminaria* without cardiac complications in which case it should be given only with care.

The vapour bath applied once or twice a week, is exceedingly useful in cases of *bronchitis*, *asthama*, and *nasal catarrh*. It is equally important in cases of *neuralgia*, *hemicrania*, *functional disorders of the spinal cord*, *jaundice*, *disordered liver*, *febrile disorders* especially *malaria*, *influenza*, *septicemia* and *rheumatic fever*, *digestive disorders*, *intestinal obstruction*, *colitis*, *dysentery* and *gallstone*.

The local vapour bath followed by a cold compress is exceedingly useful in quietening the excruciating pains of *carbuncle*. It is further helpful in *bubonic plague* and *boils*.

There is hardly any chronic disease which is not favourably influenced by the application of steam bath. It is a more vigorous procedure than the hot air bath and hence better adapted to strong and young than to feeble and old persons. It should be employed with the greatest care in cases of weak heart and should always be avoided in cases of nervous patients, *tuberculosis of lungs* and *epilepsy*.

Hot Foot Bath

Take a shallow tub, an ordinary pail or any other suitable receptacle for the feet—about 5 to 9 inches deep and pour into it hot water at a temperature of 102 degrees. The patient whose head is already well protected with a towel wrung out of cold water puts his feet into the pot. More hot water is now added and the temperature is

gradually but rapidly increased upto 110 or 115 degrees. The feet remain completely immersed in the water. The bath may be continued from 5 minutes to half an hour. After the feet are taken out of the hot water a dash or affusion of cold water is given to the feet.

It is an exceedingly useful means of relieving *congestion of the pelvic viscera, chest and brain*. It helps in balancing the circulation. It is very useful in cases of *sprain of the ankle joint* and the pains of *neuralgia* and *gout* affecting the foot. Taken before retiring, it promotes sleep. It relieves *headache* and *vertigo* due to high blood-pressure.

Sun Bath

"Let in the sun, keep out the doctor" is an old saying and it is undoubtedly true. As a hygienic measure there is nothing equal to the sun-light, it destroys the dangerous microbes and is thus the most important of all the disinfecting and sterilizing agencies.

The influence of sun-light upon the vital processes has been recognized from the most ancient times. There is no life possible on earth without sun light. The plants which are deprived of its stimulating and vitalizing influence deteriorate rapidly. "Light reveals the glories of the world and yet is the most glorious of all". Its movement is wonderfully soft and yet most penetrating and powerful. Sunlight baths have miraculously cured certain chronic cases which were considered in-curable.

There are various methods in vogue for taking these baths. Either the whole or a part of the body may be exposed to the direct influence of the solar rays, or some protection may be afforded by a covering of white cheese cloth. The head should be protected from the direct rays of the sun.

Sometime the sun bath is given by enveloping the body or the part of the body of the patient by a wet sheet which is further covered by an ordinary bed sheet or a blanket. The patient lies in the sun with his head protected from the direct rays.

There is yet another way of giving sun bath. This is perhaps the most useful and widely practised by most of the practitioners. The whole body or any part of the body that which is to be treated should be well-covered by plantain leaves or any other green leaves that may suit the time and the circumstances. The head is kept in shade or under umbrella with a wet towel wrapped around it. The bath is generally given for 20 minutes to one and half an hour.

The sun bath can be given with great advantage in all forms of *tuberculosis*, *rickets*, *anemia*, and *malnutrition*. It is useful in almost all kinds of *painful affections*, *rheumatism*, *gout*, *sciatica*, *lumbago*, in *inflammatory conditions*, *salpingitis*, *ovaritis*, *inflammation of the cecum*, *Bronchitis*, *congestion of the chest*, *chronic cough*, *nasal catarrh*, *pleurisy*, *asthama* and in most cases of

indigestion, chlorosis, inactivity of the skin, persistent albuminuria with dropsy, chronic dyspepsia, diabetes and obesity.

The best time for taking the sun bath in this country in the opinion of the author is between 8 to 10 A.M. or after 2 P. M. in summer and between 10 to 3 P. M. in winter when the heat rays are not scorching. "Injudicious exposure to excessive heat rays rather counteracts the good effects of the light rays". (Percy Hall, M.R.C.S., etc.)

The local sun baths are useful in deposit of *nodules* and *tumours*. Sun light directly applied to the parts affected in cases of *scrofula*, *open sores* and *chronic abscesses*, proves very useful.

In finishing the sun bath give cold or warm sponging which should be further followed by wet sheet pack, hip bath or full immersion bath, the temperature of which should be adjusted accordingly to the conditions of the patient.

Electric Light Bath

Owing to the climatic and other conditions, which prevail in this country, heliotherapy is impracticable excepting on a small scale, we therefore have to rely largely upon the artificial light, *i. e.* Electric light, which possesses very similar properties to those of sun light.

The electric rays have the penetrating effects and when the whole body or a part of it is exposed to them, they enter

the blood-vessels, thereby opening the pores of the skin; they dilate the surface blood vessels and stimulate the sweat glands which causes profuse perspiration.

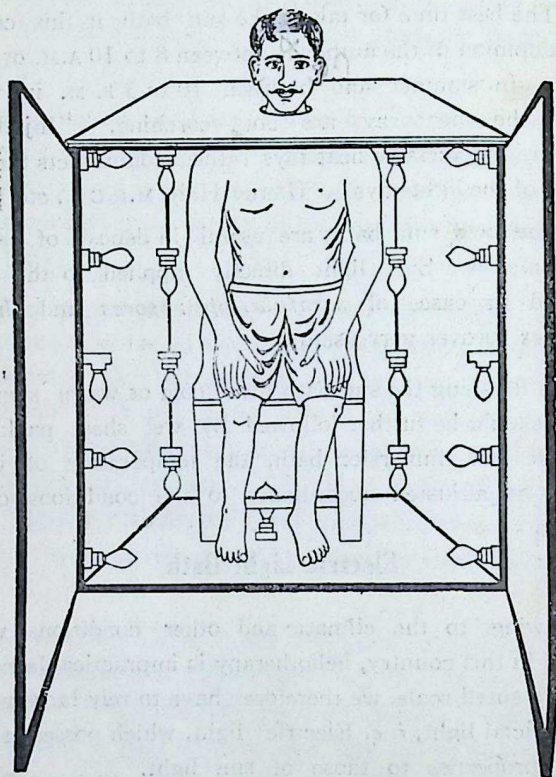


Fig. 16. Electric Light Bath Cabinet.

Thus it does not only relieve the body of the morbid

kin;
the

matter but by vitalizing and energizing the diseased and sluggish parts, it quickens the healing process.

Electric light baths can be given in sitting or lying position in cabinets especially constructed for the purpose. The head in all cases remains outside well-protected with a towel wrung out of cold water. In patients with weak heart, a cold compress is placed over the heart.

The electric light bath is the most convenient and effective means of applying heat to the cutaneous surface for stimulating or tonic effects. It has been found far superior to any of the sweating measures even to the sun bath in many cases. Its dosages can be easily and completely regulated as regards time and intensity.

In a disease of the uric acid diathesis there is nothing superior to electric light bath. In *chronic rheumatism, gout, lumbago, sciatica, arthritis, neuritis, scapula pain, sclerosis, acute nephritis, albuminaria, dropsy, diabetes, obesity, chorea, neuralgia, migraine, toxemia of chronic dyspepsia, syphilis, in disorders of the liver, kidneys, stomach and bowels*, it is very useful.

The electric light bath has been found very useful in *cardiac diseases, tuberculosis and Bright's Disease*. Profuse perspiration would however be avoided in these cases.

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MINERAL BATHS

The Effervescent Bath or Nauheim Bath.

The effervescent baths are given at the famous resort of Nauheim-Germany, by the aid of natural mineral water found there, highly charged with carbonic acid gas.

Though the author, as a rule, disapproves of the use of mineral water of any sort in the hydropathic treatment of diseases, but the practical clinical experience and the surprisingly good results gained thereby constrain him to recognise the effectiveness and the utility of Nauheim bath. It has been established after experiments of many years that the same good results can however be obtained by artificially prepared bath.

The following formula is used by the practitioners for a bath of 40 to 50 gallons :—

Chloride of Calcium 8 lbs. Chloride Sodium 4 lbs.

Bi-Carbonate of soda $\frac{1}{4}$ lb. Muriatic acid 6 ozs.

Forty to fifty gallons of water is sufficient to cover the whole surface of the body. The quantity of the chemicals can be further increased for intensifying and stimulating the effects of the bath.

The Chloride of sodium, Chloride of calcium and Bicarbonate of soda are first dissolved in water and then the Hydrochloric acid (Muriatic acid) is mixed with $1\frac{1}{2}$ pints of water and poured into a fountain syringe which is hung above the bath.

The patient should be well-warmed and his chest should be wet before he enters the bath at a temperature of 90 and 95 degrees F. The diluted acid is let to flow into the bottom of the tub through the rubber tube. An effervescence will result and small bubbles of carbonic acid gas will cover the skin. The patient remains in the tub for 10 to 20 minutes. A wet towel should be applied to the head and an ice bag to the heart.

The bath should be taken for three days in succession. Then two days' respite be allowed and then again the bath be started, every time increasing the duration a little and decreasing the temperature gradually upto 85 degrees.

The baths are employed with great success in *cardiac diseases, kidney disorders, rheumatism, nervous affections, neurasthenia, impotence, irregular menstruation, and inflammation of the female reproductive organs.*

William Osler, M. D. says, "The best cases for the Nauheim treatment are those with myocardial weakness from whatever causes. The *neuratic heart* is often much benefitted".

Schott who made study of these baths by staying at Neuheim for more than 20 years says, "The old *vulvular murmur* entirely disappears under a course of these baths".

Dr. J. H. Kellogg M.D., L.L.D., F.A.C.S. says, "The effervescent bath has given most excellent results even in some very extreme cases of *cardiac disease with dilatation*. *Dropsy* soon disappears, the *dilated heart* lessens its

volume, sometimes to the extent of $\frac{1}{4}$ th its size during a single bath. Equally good results are obtained in *renal affections*. Albumin disappears entirely from the urine".

Oxygen Bath

The Oxygen bath was first introduced by Sarason of Berlin in 1904. It is similar in effect and technique to the Nauheim bath. But instead of carbon dioxide the water is charged with Oxygen gas for which the following formula is used.

Sodium Chloride 2 lbs. Calcium Chloride 1 lb.

Hydrogen peroxide 1 lb Potassium permanganate 2 ozs.

Dissolve the first-two ingredients in water 92° to 95°F. in the tub and then add hydrogen peroxide. Potassium permanganate should be dissolved separately and mixed last of all.

It is more useful in cases of *insomnia*, *asthma* and *neurasthenia* than the Nauheim bath, bearing sedative effects. It lowers the *blood pressure* and in cases of *cardiac and renal disorders with increased vascular tension* it proves very beneficial.

It should not be taken in cases of low-blood pressure.

Epsom Salt Bath.—The patient sits in a tub containing about 12 to 15 gallons of hot water (100° to 105°F) in which 2 to 3 lbs. of Epsom salt is added.

It helps in the rapid elimination of uric acid and is thus useful in *rheumatism* and *gout*. It is of great value in

dropsy without cardiac diseases, in neuritis, sciatica, lumbago, rheumatism, tuberculosis in early stages, diabetes and toxemia.

Alkaline Bath.—To a bath of 30 to 40 gallons add one half to 1 lb. of bicarbonate of soda and let the patient stay in the bath of neutral temperature for 10 to 20 minutes.

The bath is useful in many forms of *eczema* and in relieving the *intense itching of jaundice* and *urticaria* as well as the *spinal irritation*.

Neem Bath.—Boil 8 to 10 lbs of neem leaves and add to a bath of 30 & 40 gallons of water at a tepid temperature. The bath is useful in *skin diseases* and is further found of great service in *elephantiasis*.

Bran Bath.—Take 8 lbs. of fresh bran, dissolve it in hot water making a thick paste, add it to a bath of 40 gallons of water at 102° to 105°F. The patient should remain in the bath from 15 to 45 minutes. To ensure good results the temperature of water should be maintained uniform by adding hot water from time to time.

The bath has soothing effects and is thus helpful in *skin diseases* where irritation or inflammation is present.

Sea salt bath or salt water bath

These baths are given for their tonic effects and greatly stimulate the activity of the skin. Three or four pounds of

sea salt is dissolved in a tub half filled with water. The water should be about the temperature of water for swimming purposes and the duration should not be more than 15 minutes. The patient is rubbed briskly while in the bath. When he comes out of the tub, the skin should be thoroughly dried by friction with towels. If sea salt cannot be obtained, good results can also be obtained by using common salt. However a good substitute of sea salt can be made by mixing the following :—

3½ lbs. common salt

½ lb. Magnesium Chloride

½ lb. Epsom salts

Sulphur Bath

Sulphur baths are of value in the treatment of *skin disorders, neuritis, rheumatism, nervous morbid conditions*. Fluid preparations for sulphur baths can now be purchased at various drug stores and should be used according to directions. If your druggist is unable to supply you with the fluid sulphur preparations, then procure 4 ounces of potassium sulphide and dissolve in 30 gallons of water.

The Salt Glow

The salt glow is an application in which powdered common salt is applied to the surface of the body after it is slightly moistened. About two to three lbs of salt is needed for the purpose. The application can be given to the

patient while he is lying, standing or sitting as the circumstances may permit. One part after another is uncovered and rubbed as in sponge bath with moistened salt.

The salt should be removed by cold or warm affusion, shower or sponge after the application.

The salt glow employed at the body temperature is an excellent means for producing circulatory reaction and it can be recommended in cases in which the skin is very inactive and dry, for instance, in cases of *chronic indigestion*, *Bright's Disease* and in *diabetes*. The author has made its use always with success in cases of *stiffened joints*, in *chronic rheumatoid arthritis* and *paralysis with rigidity*. Its application should be avoided in cases of skin-eruptions.

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CHAPTER IV

CHROMOPATHY

During the last few decades the treatment by colours, a branch of nature cure pathology has become widely popular. Many people have sought for my advice in this connection. In fact this treatment is as effective as it seems to be simple and there are innumerable persons who have been benefitted.

It has been proved that various colours have definite actions on the different organs of the body, when applied with certain technique.

The following seven colours are used by practitioners. Red, orange, yellow, green, blue, indigo, and violet. The therapeutic uses of these colours are given below, which must be thoroughly understood to achieve successful results.

Red :—is a warming colour. It is used for sensory nerve stimulation or as general tonic and liver-energiser. It can be successfully given in all cold, pale and bluish conditions. The author has found it very effective in cases of rheumatism, advanced cases of tuberculosis where there is no danger of haemorrhage, sexual weakness in which case

it should be used over the lower spine and over the sexual organ. In bronchitis, it should be used over the upper-chest and in cases of amenorrhea over the womb. It is valuable in low-blood-pressure with neurasthenia, in bringing the boils to a head, contusion and sprains.

Orange :—like red is too a warming colour. It is especially used in the enlargement of liver and spleen. In inactivity of bladder and intestines it serves as a great stimulant. It is also found useful in acute or latent stage of syphilis.

Yellow :—is a brain tonic and also a heartone, but is never used where the nervous excitability exists. It is useful in melancholia. It works wonderfully in syphilis and chronic constipation even when orange colour fails. The author has used it with success in cases of impotence resulting from masturbation, in dropsy, infantile liver, low blood pressure, syphilitic rheumatism and neuritis. It is good in hysteria and is applied to the lower spine. It can be used with benefits in cases of *inert tumours*.

Green :—is mild, sedative and soothing. It is used for strengthening the eyesight. In wounds, open abscesses, cancer, sinuses, weeping eczema, running ears and scrofula this colour is very useful when used alternately with red or blue as the conditions may demand. For the inflammation of the female sexual organs it can be used with benefits. In epilepsy, hysteria, dysentery and sprue it has produced excellent results. For sexual irritability and involuntary

seminal losses, its use has been found of benefit. It is also useful in certain cases of leucorrhea and neuralgia.

Blue :—is antiseptic, local anesthetic and sedative and as such diminishes pains. In ulcers and many skin diseases accompanied by irritation this colour works miracles. In profuse menstrual flow (menorrhagea) it gives excellent results. It is very useful for acute or chronic bronchitis or catarrh but in these cases the dark colour should be used. Light blue is useful in febrile conditions, of dysentery and high blood pressure.

Indigo :—is used in many disorders of the digestive organs. It is indicated in cases where stimulation is needed without irritation. Such as consumption, intestinal T. B., hydrocele, hard womb and leucorrhea.

Violet :—is very useful in nervous irritability, sleeplessness, inflammatory conditions, anemia, 'cough, asthma' high blood pressure, arterio-scleriosis and diarrhea.

Having explained the effects and uses of the different colours, I give below the various methods by which these colours are made available for applications.

(1). Take a bottle of desired colour, fill it with water cork it tightly and keep it under the sun for at least four hrs. Dose $\frac{1}{2}$ oz. to 1 oz. two to four times a day according to the condition of the patient.

(2). For preparing oils take any oil—mustard oil, til oil or linseed oil (Alsi)—fill it in a bottle, cork it tightly, keep it under the sun for 40 days in summer and 60 days in winter. It is used externally.

CHROMOPATHY

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(3). Sugar of milk can be prepared by exposing the same in a bottle of desired colour for 14 days, dose 5 to 10 grains, 3 to 4 times a day.

Ordinarily the mustard oil is used for external application but in cases of paralysis or rheumatoid arthritis, the til oil should be used, the green colour gives best results when lin-seed oil is used.

CHAPTER V

ELECTRO-THERAPY

Electro-therapy is a branch of nature cure treatment which uses electricity as a curative agent. It includes galvanic, faradic, sinusoidal, electric-light baths, infra, red-ray, ultra-violet, diathermy, etc., etc. Electricity has providentially been endowed with marvellous powers for rousing and renewing life forces which are dormant or have been exhausted in human constitution. This has been crucially proved by laborious experiments conducted by pioneers of this system of treatment.

Never in the past electricity has been used with such remarkable success as at present in the amelioration of human ailments.

When we note the wide, varied and simple applications of electricity that are now made on the human anatomy and therapeutics, we wonder how the miraculous healing powers of this fine force of nature remained so long sunk in the depths of ignorance.

Matter of all kinds, be it animal, vegetable or mineral is composed of minute invisible particles, known in the

language of science as 'atoms,' the smallest particles incapable of further sub-division.

Latest investigations, however, have brought the scientific world to the threshold of a fresh discovery that atoms could be further split up to yield charged particles, which are of two kinds; positively charged called protons and negatively charged called electrons.

Protons and electrons are held together in electrical equilibrium and the atom is thus constituted.

Electrons possess a tremendous velocity. They can be made to shoot along a copper wire at the rate of 180,000 miles per second.

This property is utilised in the production of Cathode rays and X-rays. Cathode rays are nothing but a stream of electrons moving with enormous velocity along straight lines and thus they are capable of penetrating into majority of substances. When the Cathode rays strike a metal target in a bulb they give rise to a more penetrating radiation called X-rays.

The wire which receives these electrons is electrified or charged and electrons are being transmitted. The transmission of these along the wire from point to point, is the so-called electric current.

This brings us nearer the definition of electricity, which may be defined as a substance composed of rapidly moving electrons of negligible mass.

उत्पन्न विद्युत्

As has been explained above the atom is composed of protons and electrons hence of which this Universe is composed of electricity may be said to be universal; it exists every where in the earth that we tread, in the air we breathe, and in all forms of animal and vegetable life.

प्रादाहृत करना
यमुजन
सहित
The substratum of nature is electricity. One substance differs from another only with regard to the state of vibration of its electrons. The human body, its various components, the cells and the nerves are all matter or in more clear words positive and negative electrons. In the light of the fact that the electricity is composed of electrons, one can readily perceive, how the human body is a store house of an enormous amount of electricity. Leading physicians all over the world have recognised the existence of this potent factor which controls the human-machine.

The following is an extract from an interesting article by Professor Edgor L. Larkin which we insert here, in support of what we say.

“The trend of science is towards electricity on all sides. Life, force and mind are intimately related with it. All animals are merely electrical machines. A man, ‘brain and body,’ is a battery, and nerves correspond to wires”.

Professor *Jacques Loeb*, states :

A part of the chemical energy of the foodstuff is transformed into electrical energy, which in turn gives energy to the muscles and organs of the body.

Electricity and not the heat is the life of the body. These discoveries are going to upset the theories of medicines as administered by the physicians of to-day, as it is settled that electricity is the basis of human vitality. He continues, "Electricity is a valuable agent in the palliative or curative treatment of numerous morbid conditions, is a fact now too universally recognised to require any illustrated proof".

Prof. J. G. L. Overbecks F.R.S.A., F.G.S., F.P.S., says, "Electricity has now been irrefutably proved to be the creator of the material universe."

Utmost care then should be exercised to preserve this electrical equilibrium in the system in proper order.

Living, as we do in an atmosphere of high tension, where the system is subjected to abnormal strain, never were there greater possibilities for nervous system to get deranged or wear out than at present. Most of the diseases that afflict the modern man are directly traceable to serious complications of the nervous system.

Disease is the result of discordant vibration of the electrical forces of the body. That is the reason why diseases in general and particularly the nervous disorders are peculiarly susceptible to electrical treatment.

The effect of electricity on the human body is two-fold, first as a valuable agent in the palliative and curative treatment of nervous-morbid-conditions, and second as a builder of nerve force and physical vitality.

There may be a very few disorders of the body at present that may not respond to the thrill of the electric current. When electricity is conveyed to the body in well-regulated amounts, it revives the nerves, renews the circulation and restores activity in the prostrated parts. It rouses and calls into being all the vital forces of the body. Further it renders the body resistant to the invasion of certain disease producing germs. The effect of electrization in increasing and modifying the secretory forces of the body is no less marked.

Shrunken emaciated tissues, on being impregnated with electricity can be developed to their full size. Instances are not wanting which go to show the effect of electricity in increasing the weight and size of persons who are subjected to the treatment.

The author has for more than 18 years, during his practice in nature cure system, given special and earnest study to the practical application of electricity in its various forms in the treatment of acute and chronic diseases and the experience has taught him that in order to get the chronic invalids out of their pathological ruts or to free them from the clutches of many chronic diseases, the electric treatment proves of immense help and often indispensable.

Galvanic—The galvanic current is an excellent all around therapeutic agent. It is constant current of low voltage, 40 to 90 and medium amperage.

There are various kinds of apparatuses available in the market from which this current can be procured.

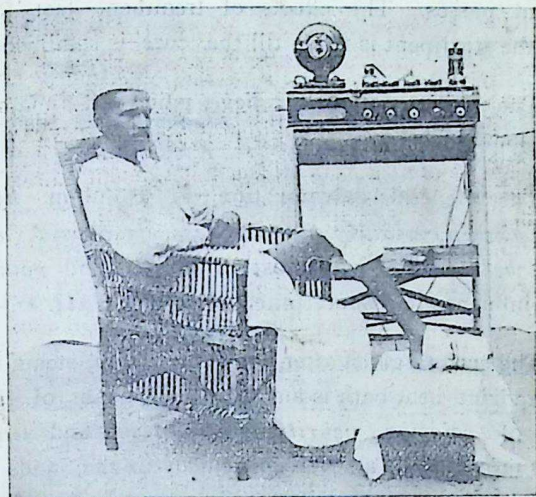


Fig. 17. Pantostate.

The galvanic provides two poles, positive and negative, which have different active properties as below:—

<i>Positive</i>	<i>Negative.</i>
Oxygen liberated	Hydrogen liberated
Acid	Alkali
Stops bleeding	Increases bleeding
Sedative	Stimulating
Repels metal ions निरकरणकला	Repels non-metal ions
Decreases muscles irritability.	Increases muscles irritability
Hardens Tissues	Softens Tissues

The Galvanic current stimulates metabolism and increases functional activity of the part through which the current passes. The effects of treatment last for days after the treatment is made till the cure is established.

The positive pole will relieve pain and inflammatory conditions.

The General galvanization is useful in *hysteria, neurasthenia, insanity, sleeplessness, dyspepsia, anemia, and rickets*. Paralysis almost all classes and *gout*, yield to its influence in a short time.

The current given after hot fomentation, steam bath or local radiant heat bath is an excellent means of relieving pains of *sciatica, neuritis, rheumatism* and *neuralgia*. It has proved to be a sovereign remedy in the hands of the author in cases of *impotency* even where there has been a total loss of virility or erectile power. To relieve nervous irritability and in cases of *insanity* where the patients are very violent, the application given to the spine (positive applied to the spine and negative pole placed under the buttocks) proves very beneficial,

Drs. Gautier and Larat recommend its use in the vomiting of pregnancy, positive pole applied above the cleficle and negative placed at the epigastrium.

Patients suffering from *dysmenorrhea* or *amenorrhea* can be highly benefitted, if in the former case, the

application is begun a week before the time of starting of periods and in the later case the patient is advised to take a regular course.

Many a case of auditory nerve deafness have been cured by placing the positive pole at the back of the neck and a bifurcated electrode with negative pole to the ears.

The use of galvanic current is equally useful in cases of anesthesia and leprosy.

In stiff joints the cure can be readily effected by its use. In such cases electrolyte of 1 % solution of common salt is used and the negative pole is placed at the affected joint. This process is equally beneficial in phlegmonous inflammation.

Faradic :—It is used to cause muscular contractions in order to restore activity of paralyzed or enfeebled muscles.

Drs. Arsonval, Erle and A. L. Jones are of opinion that faradization helps the growth and renewal of the body tissues as well as the elimination of toxic substances from the system. As a stimulant to the muscles and motor nerves, it is employed particularly in sexual weakness, paralysis, atrophy and emaciation of any part. It is further useful in under-developed sexual organs in both sexes.

Faradic bath :—The full immersion bath tub about 6 ft. long is needed for the purpose of giving faradic

bath. The water in the bath should be agreeable warm averaging 98° F. but it should be little warmer or cooler to suit the wishes of the patient. The bath should be so filled with water that when the patient is in, the whole body and the shoulders may be under water. The head of the patient should rest on the rubber cushion or something like a picture-frame having pieces of webbing stretching across.

End The electrodes consisting of metal plates are fixed at the head and foot of the bath. The electrode placed at the head of the bath should measure $18'' \times 12''$ and that at the foot *i.e.* the lower end of the bath being $10'' \times 8''$. The shoulder and the back of the patient should not touch the electrode. The current allowed in the bath should not be so strong that may produce muscular contraction. It should give only a pleasant sensation.

The bath should be given on alternate days for 10 or 15 minutes. At least a course of 12 baths is required to have good results.

In cases of *rickets* in weakly, puny, anemic children whose digestion is irregular and who do not gain in weight and size as they should do normally for their age, this bath is very helpful. It is stimulating and tonic in its effects and can be recommended in cases of flaccid paralysis. The author has found it extremely beneficial in those whose circulation has been poor and defective. It serves as nerve tonic and as Dr. H. Lewis Jones, M.A., LL.D., puts it, it

has double effects upon the body—(1) stimulation of the activity of the nutritive exchanges leading to the growth and renewal of the tissues and, (2) stimulation given to the process of elimination of waste matter from the system.

Sinusoidal bath :—The bath is given with Sinusoidal current which resembles faradic current in its tetanizing effect on muscles, but is much less painful.

In the words of Dr. Wilfred Harris M.D., F.R.C.S. (In his book Electrical treatment—page 301). "The sinusoidal current baths are most excellent methods of treating cases of *spastic paralysis*, whether *hemiplegic* or *palapla-gic*, it is also useful for *tabes-dorsalis*, *peripheral neuritis*, *muscular atrophy*." रोज नात

In the treatment of the commencing late rigidity of *hemiplegia*, an arm bath and foot bath should be used. In chronic cases of *paralysis* the treatment should be continued with faith and perseverance for 6 to 10 weeks before any good results can be obtained. The cure in such cases takes a longer period, but at the same time it should be remembered that there is no shorter way to cure in these cases than the electric treatments.

Duration of the bath should be 10 to 15 minutes, and should be given twice or thrice a week.

Dr. J. H. Kellogg, M. D., whose name is well-known with naturopathic world recommends it as the most powerful hypnotic measure. He says he has applied this bath for more than 25 years and it has rendered valuable services

आध्यात्मिक सेवा

पुस्तक संग्रह

गुरुकुल कांगड़ी

not only in relieving insomnia, but in helping patients through in the trying times which immediately follow the withdrawal of opium, cocaine and other drugs.

The direct application of sinusoidal is also recommended for strengthening the intestinal walls and the ligaments of the uterus.

High Frequency:—It is a very rapid oscillatory current with high voltage and low amperage. The effect of high frequency is to increase the volume of blood and lymph to the parts treated. This increases nutrition and stimulates the functional activity of the various organs.

It is useful in all acute inflammatory conditions. It has proved beneficial in cases like *neuritis, sciatica, corns, warts, moles, tumours, filaria, phlebitis, sinusitis, mastitis neuralgia of the ovaries, uterine inflammation, headache, hemiplegia, paraplegia, impotence* when the sexual organ remains cold and shrunk, enlargement of prostate glands, liver or spleen, in nerve tensions.



Fig. 18. High Frequency.

Ozone :—It is generated by the high frequency current by attaching specially devised generators to the apparatus.

Ozone has proved very helpful in cases like *asthma, catarrh, cold, cough, hay fever, bronchitis, consumption, pneumonia and tonsillitis.*

Vibratory Massage.—Massage is the natural accompaniment of hydrotherapy; it encourages and assists in the development of the processes of accelerated tissue change and restorative metamorphosis which are set up by tonic hydiatic applications. It can be employed both to produce sedative or tonic effects. It is especially beneficial in *paralysis, all kind of pains, rigidity, migraine, loco-motor ataxia and nervous breakdown.*

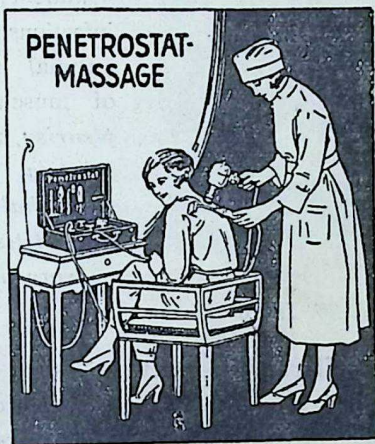
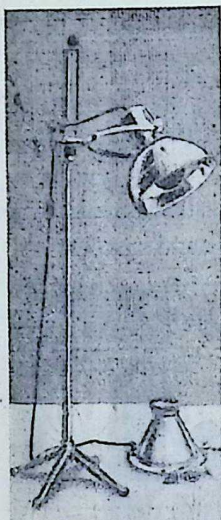


Fig. 19. Massage.

Infra-Red rays :—The infra-red rays are the rays that penetrate deep into earth to give life to vegetation. They are likewise absorbed by the cells of the body, but in varying degrees, depending upon the depth of penetration.



Among the conditions in which infra-red rays are of considerable benefit are congestion, inflammation and infection. These include, *arthritis, asthma, boils, and carbuncles, bronchitis, burns, and scalds, contractures, earache* in children, *mastoiditis, gout, headache, intestinal and other infections, foci, ischemia* (local anemia) *myositis* (inflammation of muscle) *nephritis, neuritis, pleurisy, pneumonia, rheumatism, sciatica, epididymitis, exophthalmic goiter, chronic prostatitis, stiff neck and chronic ovarian diseases.*

Fig. 20. Infra-red rays.

Ultra-Violet ray :—Newton first demonstrated that sunlight could be broken up into its colour spectrum. Later in 1800, Her Schel discovered the heat rays called infra-red rays. It is now known that the waves of radiant energy are continually pulsating which determines its physical properties. Beyond the violet end of the spectrum we have 3 octaves of ultra-violet ray, pulsating at the rate of 750 million times per second. Due to this high energy, the ultra-violet rays have definite effects upon the human metabolism.

Since we can not have any single indicated group of rays from sun-light and for the reason that the moist and dust laden atmosphere does not permit the ultra-violet rays to reach us in the amount we need them in the treatment of diseases, we have to resort to artificial sources producing the same groups of radiation as sun-light.

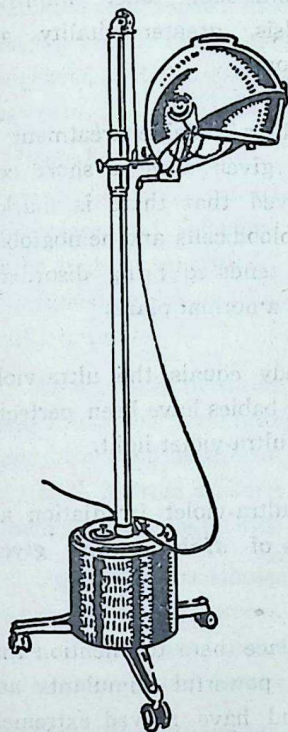


Fig. 21.

Quartz Mercury-vapour lamp it is superior to carbon arc lamp, which gives off a large proportion of heat rays.

There are various kinds of apparatuses to work with electricity which are used for ultra-violet irradiations but the best source is the quartz mercury-vapour lamp. There are two main types of this lamp, water-cooled and air-cooled. The air-cooled quartz mercury-vapour lamp has a much wider field of usefulness, as it is adaptable for both, general and local treatments. It gives off a 'cold' light and for this reason

The general effects of Ultra-Violet rays :--The reactions of the human organism to these rays are multifarious and far-reaching. The clinical observation shows that they include—increased muscular tone, improved appetite and internal peristalsis, greater vitality and resistance to diseases and infections.

The author has found it to be a reliable treatment in *anemia* when the exposures are given after a short cold bath. It has been clinically proved that there is marked increase both in numbers of red blood cells and hemoglobins and that ultra-violet irradiation tends to bring disordered processes of metabolism back to a normal plane.

In cases of *rickets*, no remedy equals the ultra-violet irradiation. Even the breast fed babies have been perfectly cured by exposing the mother to ultra-violet-light.

The beneficial effects of ultra-violet irradiation are becoming widely known in cases of *diabetes* and *glycosuria*.

It will not be out of place here to mention that the ultra-violet rays are very powerful stimulants and regulator of endocrine system, and have proved extremely useful in cases of *hysteria*, *neurasthenia*, and *amenorrhoea*, whereas in case of *dysmenorrhoea*, and *menorrhagia*, it stimulates the calcium metabolism and tones up the uterine muscles hence it can be relied upon.

in cases where there is a tendency for *abortion* and *miscarriage* or in cases of *displacement of womb*.

The skin specialists all over the world agree that it is a valuable and, indeed, essential method in the treatment of a large proportion of skin affections like *lupus*, *alopecia*, *seborrhœa*, *acne*, *eczema* both acute and chronic, *intertrigo*, *ringworm*, and *psoriasis* and *ulcers*.

Equally good results have been achieved in curing cases of *glandular*, *intestinal* and *bone tuberculosis*. With appropriate and *judicious* dosage pulmonary tuberculosis can be highly benefitted. After a few exposures, weight is increased, *cough* and *fever* are lessened and the general health improves.

An attack of *acute laryngitis* and common cold can be cured in a short time if exposures are started in the beginning. *Chronic cattarrh*, *bronchitis* and *asthma*, when they have resisted all sorts of other treatments, can often be remedied surprisingly with ultra-violet irradiation.

Under the miscellaneous group of diseases which react favourably are *septicemia*, *toxemia*, *dyspepsia*, *sprue*, *tumour*, *insomnia*, high or low blood *pressure*, *rheumatic* or *neuralgic pains*, *lumbago*, *sinus* and wounds.

Administration and dosage :—

- (1) The eyes of patient and operator, and any one else in the room must be protected by wearing suitable goggles or a folded cloth may be used.

- (2) The exposures may be given once, twice or thrice a week according to indications.
 - (3) One should commence with short application. Better results are obtained when the starting dose is not too big. Proceed slowly and don't try to push rapidly.
 - (4) Average initial dose required with a new lamp is $\frac{1}{2}$ minute to 1 minute front and back of trunk.
 - (5) Average increase in dose required is $\frac{1}{2}$ minute to 1 minute per week.
 - (6) Average maximum dose with efficient lamp is 5 minutes for front and back of the trunk.
 - (7) Average duration of course is 12 to 24 applications and if further exposures are needed, give an interval of at least 6 weeks before renewing course.
 - (8) The distance between the patient and lamp is from 18" to 36".
-

APPENDIX

PUBLIC OPINION.

It is always the public opinion that counts most, I therefore append a small selection of entirely unsolicited testimonials from hundreds of those who have been treated in my clinic and cured :—

The Miracles of Naturopathy.

Involuntarily a pound a day was being exacted from my body weight. The efforts of four doctors were powerless to stem this rapid decline. Drugs and more drugs I swallowed in ceaseless profusion and as day succeeded day so did new symptoms develop. Injections followed now direct into the blood stream, and the intenser grew my discomfort and suffering. Every meal required some powder to aid digestion.

I lost 6 lbs in these 15 days, but in the next 24 days I lost 24 lbs more. I was now as weak as a drowning rat, emaciated, listless, yellow as sunflower, and in a fearful state of depression.

At this stage I was introduced to Dr. K. R. Dilkash, *M.S.B., L.S.E.P., N. D. a Nature Cure Specialist.* He

examined me and prescribed a Fast. I thought he was out of senses. "Doctor," said I, "I have lost a pound daily while on three meals a day, now if I am to starve surely I must die." He replied, "I did not ask you to starve but to fast." He told me there was every possibility of my dying if I did not fast immediately. But I was not convinced. Nevertheless I thought I might as well die fasting as feasting and told him so

I fasted for a day. I certainly felt better. Another day's fast was prescribed and carried out and the improvement was maintained. The next day I was permitted two small cups of fruit juices and two small cups of vegetable juices. From the fourth to the seventh day small quantity of vegetable was introduced into the diet in addition to the fruit juices. At the end of a week I was placed on the scales and to my astonishment I had not lost another ounce.

While I feasted, I faded, when I fasted, I flourished. Dr. Dilkash had undoubtedly saved my life. For another two months his treatment was solely directed to the liberation of all the drugs which had poisoned my system.

At the end of this time, my body was ready for the restoration of the tissues that had broken down so completely and so rapidly. Gradually the flesh and muscles began to take on its former shape. Fresh blood began to surge through the arteries.—And steadily but surely half-a-pound a day was restored to my body weight. Today I am on a threshold of a new life and understand what biological living means.

(Sd.) W. S. Smith, Captain,
Lucknow.

Mohabbat Singh Thapa Esqr., son of Captain Kalu Ram Chamba writes:—

I had been suffering from chronic malaria since four years and during this long period I used nearly all the patent remedies which always gave me but a temporary suppression and brought me cough, pain in chest, defect in liver and weakness in heart.

Only a fortnight's treatment gave me a vivid experience of Nature Cure.

I should very gladly recommend this marvellous treatment which is but the safest and simplest, to all my brethren who happen to be the victim of chronic diseases.

Diabetes.

I wrote to you that Sugar was discovered 6 P. C. in my urine on 15th April 1937. There was excessive thirst and passing of urine many a times in the day. I commenced water treatment under your instructions on the 19th April. From the month of June there is no sugar in the urine. I get my urine examined every month. I left treatment in November on or about the 25th. The attached is the result of present examination. I was Fatty. I lost a little weight during the treatment. *I had taken plenty of Sugar last month but still the result is nil.*

(Sd). Rai Sahib, Moti Lal, B.A., LL.B.,
Govt. Pleader, Meerut Cantt.

Mulk Raj Esq. Pro. Acid Factory and Chemical Works,
Amritsar writes :—

I placed the wife of a friend of mine under Nature Cure treatment, who was suffering from severe pains in her legs and swollen knee joints which she could not move. She made marvellous progress and was hale and hearty within short period of 20 days.

S. Gurbachan Singh Ambala says :—Since 1922, I was suffering from nervous debility and for several years from indigestion. I tried all sorts of remedies in vain and at last I tried Nature Cure which proved very successful and cured me in a month.

Digestive troubles.

Medicines having proved of no avail for '*chronic digestive troubles*'. I tried the Nature Cure system and put myself under the treatment of Dr. K. Dilkash, Naturopath, with great benefit to my health. I attended his Clinic at Lucknow. It is ably and efficiently managed. *He takes great personal interest in every one of his patients.* I get my family members treated by him and I can strongly and confidently recommend him and his system to those who wish to try the Nature Cure methods.

(Sd.) Tika Ram Misra, M.A., LL.B.,
Retired Distt. Session Judge, Lucknow.

S. Lachhman Singh, B.A., LL.B., Vakil Katcheri
Road, Amritsar writes —

I feel it my duty to express to you my sincerest thanks for your sympathetic assistance and treatment of my facial paralysis. Elec: currents and local steam baths given by you proved very successful and disease which persisted for a long, your treatment cured in a short period of two months only.

Appendicitis.

I suffered from appendicitis for a long time for which I was advised operation. I had already been operated twice on my abdomen. I consulted Dr. Dilkash who readily took up the case. Since then many years have passed, I never had any trouble.

(Sd.) Raj Kishori Nigam, I.M.C. (Mus.),
Lucknow.

Pleurisy.

I feel called upon to thank you for releasing me from the clutches of 'chronic pleurisy with fever', when the so-called scientific treatment of allopathy could do me no good.

(Sd.) G. D. Mitra,
E.I.R. Power House. Lucknow.

Phthisis.

My wife who was treated allopathically for tuberculosis in vain, was cured by Dr. Dilkash's treatment.

(Sd.) Ganesh Parshad Rais,
Pachham Gaon, Rai Bareilly.

Jaggiwan Singh M.Sc., H. S. (Bot.) Khalsa College
Anritsar writes ;—

Amongst many systems, in vogue for combating and curing diseases the latest is brought in the field by Dr. Louis Kuhne of Germany, in which, treatment is done not by administering medicines but by natural means. Personally I took some Elec : light baths, after which I used to feel myself extremely light and kicking. I strongly recommend this system to every sufferer.

Nephritis.

I suffered from Nephritis, albuminaria and dropsy. I spent thousands to get rid of these diseases.....disappointed from all sides I consulted Dr. Dilkash and was cured in 3 months.

(Sd.) Sita Ram, Jaiswal,
 Hony. Magistrate, Bahadur Ganj,

Allahabad

Loco-Motor ataxia.

My sister could neither stand nor move her legs for some months. She was treated by many eminent doctors without getting any benefit. Under the treatment of Dr. Dilkash, she became perfectly all right within 5 months.

(Sd.) Bashir Ahmad, B.A., LL.B., Vakil,
 Partabgrah.

D. D. Bhatnagar Esqr. *Patiala State* writes :—

My sister, who according to the diagnosis of the eminent Doctors was suffering from Tuberculosis of the lungs and Hysteria, recovered from those obstinate complaints entirely through natural treatment of baths. I recommend your treatment to every sufferer.

Paralysis.

"It will be no exaggeration to speak when I say and say with all the earnestness that I command, that you have given my right hand, a new lease of life. To me, it was a living-death without it, and now that I have been restored and the best and most vital part of the human limbs once absolutely maimed and rendered useless has been bestowed and rejuvenated through your treatment..... wishing you every success."

(Sd.) Bachi Lal Sah, B.A., LL.B.,

Naini Tal.

Abdul Salam Esq. S. Overseer, *Rampur State* writes :—

I have completely recovered from my heart complaints through bath system, under your care when even the best doctors and their specific medicines failed.

Pain in the coccyx.

I had an accident and developed a peculiar nervous as well as muscular *pain in the Coccyx region of my spine.*

For several days I found it difficult even to get up from my bed and after trying several treatments I was disappointed to find that at the age of 28 I was crippled man of about 60. Thanks to a friend of mine who brought me to Dr. Dilkash (K.R.) who gave me his Electrical and Steam treatment. It is indeed marvellous. I am not only cured, but I feel a few years younger than what I am actually.

The winning, obliging and social personality of Dr. K. R. Dilkash, along with his wonderful treatment is like "Justice Seasoned with Mercy" to an ailing and disappointed patient. I recommend Dr. K. R. Dilkash and his treatment most strongly to any one suffering from any nervous and muscular disorder.

(Sd.) Triloki Nath Prasad, B.Sc., LL.B.,
Naib Tahsildar, Naraini.

S. Jaswant Singh *Danewalia*, Secretary. Shromani
Gurdawara Parbandhak Committee *Amritsar* writes :—

I was recommended your treatment by S. Amar Singh Jhapal, President Provincial Congress Committee Lahore.

I was suffering from various complaints as vertigo, indigestion, neurasthenia and heart palpitation etc. I completely recovered from these complaints in The Nature Cure Hospital which has made me to cherish a complete faith in this system of healing.

S. Kishan Singh Mahdipura, (*Amritsar*) writes:—

I thank you for the cure you effected me through Electropathy and Hydropathy for pains in joints, gonorrhea, piles and impotency.

Mr. Abdul Ghani, contractor, Chawk Phawara, Amritsar, writes: My son suffered from Paralysis and rickets of both legs for 5 years. Under Nature Cure treatment my son was hale and hearty within 2 months only, and was able to walk and run again.

My dear Doctor Dilkash,

My wife, you might remember, suffered from Leucorrhea, Hysteria kidney and intestinal troubles, chronic constipation and indigestion. The result of the best available Treatments was not satisfactory. I was well advised by my brother at Lucknow, to put her under your treatment. In three months there was marked improvement which strengthened our confidence in your system. You permitted my wife to leave for Hills where I happened to have my permanent stay. Here she continued your system of treatment under instructions received from you regularly. She was perfectly cured in a few months and is mother of two sons now, whereas some years back she was told she will never conceive.

(Sd.) I. A. Khan, M.A.,
Almora.

Chronic dyspepsia.

I suffered from 'chronic dyspepsia' accompanied by flatulence, diarrhea and dysentery. The more I used medicines, the worst I became. From 192 Pounds I was practically reduced to a skeleton.

I called upon the celebrated physicians and professors of occidental and oriental science of medicines invain. I, gradually developed 'Sprue and attacks of heart palpitation.

In that period of despair, I happened to hear about Dr. K. R. Dilkash. I consulted him. A weeks' careful treatment, strengthened my hopes of recovery. I was given various applications, such as, dripping sheets, (a most refreshing bath) wet girdle, humid abdominal compresses, shower baths, full and quarter packs, colon flushing, electric rays and currents for 5 months and thus regained the greatest of worldly possession—Health. For this all I will ever remain grateful to Doctor Dilkash who had saved my life.

(Sd.) Tulsi Ram Vaish, B.Sc., LL.B., L.T.,
Daliganj, Lucknow.

Rai Sahib Dina Nath, Health and Land Department,
New Delhi, writes :—

I had been a long sufferer from kidney troubles and *gout*, needless to say that I availed of the best medical aid without deriving any good. I only became worse.

I decided to take Nature Cure and put myself under the treatment of Dr. Dilkash who got me rid of my old standing complaints within 3 months.

T. N. Bhatnagar Esqr P. A. to the Chancellor of Chamber of Princes *Delhi* writes :—

My wife had a serious complaint of falopian tubes with other female troubles. She had pains in her abdomen which completely shattered her health. Under bath treatment given by Dr. K. R. Dilkash, not only her disease became a matter of past, but she wonderfully improved in her general health.

R. C. Nigam, B.A., LL.B. Advocate, *Lucknow* writes :—

I suffered from chronic bronchitis and repeated attacks of asthma for some years. During this long period of suffering I tried nearly all the prevalent methods of cure. Nothing could help me.

A year back my wife took Nature Cure for her trouble of appendicitis. She was cured within a short period. This encouraged me also. In the last months of year 1937 I began Nature Cure and within a short period of 3 weeks only I got such an immense relief that I simply wondered. I never thought of such a rapid recovery. In about 6 weeks more I was not only cured but got an increase of 20 lbs in bodily weight. To-day the disease is a forgotten episode.

The National Naturopathic College & Clinic, HEWETT ROAD, LUCKNOW.

A Leading Institute in Northern India.

This Institution is efficiently and Scientifically equipped for giving the nature cure treatment. Individual treatments are given under the direct supervision of Dr. K. R. Dilkash Sharma M.S.B., L.S.E.P., N.D., M.I.N.A., Naturopath with 16 year's 1st hand clinical experience.

Methods Employed.—Kuhne's Bath, mud plasters, advanced hydrotherapy including Packs and Affusions, Foam Bath, Sitz Bath, Nauheim Bath, Radiant Heat, Ultra Violet Ray, Infra Red Ray, V. Ray, Faradic, Galvanic and Sinusoidal applications, Electric Baths and Douches, Ionization, Light and Colour Treatment, Massage (vibratory).

Diseases Treated.—Abscess, Asthma, Anemia, Bright's Disease, Bronchitis, Blood pressure, Catarrh, Colitis, Constipation, Cough, Diabetes, Diarrhea, Dyspepsia, Eczema, Eye Diseases, Epilepsy, Gonorrhea, Glandular T. B., Heart troubles, Hysteria, Insomnia, Impotence, Jaundice, Kidney diseases, Liver Complaints, Locomotor ataxia, Neuritis, Obesity, Piles, Phthisis, Rheumatism, Gout, Syphilis, Sexual Disorders, Sterility, Women's, Diseases Etc, Etc.

TREATMENT BY POST.—Instructions for home treatment sent on receipt of detailed history of the case.

INDEX.

A

- Abcess, 51, 69, 79.
Abdominal viscera, congestion of—(see congestion).
Abortion, habitual, 50, 97.
Acne, 97.
Affusion, 19, 20, 43.
Affusion, local—20.
Air bath, 6.
Air hot, 9.
Albuminaria, 65, 71 ; —with dropsy, 69.
Alopecia, 97.
Amenorrhœa, 29, 39, 47, 79, 88, 96.
Anesthesia, 89.
Anesthesia—hysterical, 17.
Anemia, 17, 23, 45, 68, 80, 88.
Anorexia, 32.
Appetite, 41, 62.
Appendix, 98.
Arbuth Not Lane, 6.
Architis, 33.
Arterio—Sclerorosis, 80.
Arthritis rheumatoid, 26, 29, 51, 71, 77, 94.
Arsonval, 89.

Asthama, 24, 35, 66, 68, 74, 80, 93, 94, 97.

Atom, 83.

Atrophy, of any part (muscular) 89.

Auto-intoxication, 39.

B

Bath :— Alkaline 75; —Bran 75; —Brand 43 ; —Cabinet 63; —Cold 21; —Electric Light 21, 28, 29, 45, 69 ; —External 15; —Faradic 89, 90; —Foot Cold 47 ; —Foot Hot 66 ;

—Full Immersion 38, 39 :—

„ Cool or Cold 41 ;

„ Hot 21, 26, 39 ;

„ Tepid 41 ;

„ Warm or neutral 40;

—General effects of :—

„ Cold short duration 12 ;

„ Cold prolonged „ 13 ;

„ Hot short „ 11 ;

„ Hot prolonged „ 12 ;

—Hot air 63; —Graduated 42; —Hip Friction 47, 48, 69; —Internal 55; —Mineral 72; —Natural 47 ; —Nauheim or Effervescent 72 ; —Neem 75 ; —Russian 63, 64 ; —Sitz 45 ; —Sitz Cold 46 ; —Sitz Friction (Kubne) 49 ; —Sitz Hot 47 ; —Sitz Revulsive 47 ; —Sitz Hot Clay 51 ; —Sea Salt 75 ; Sinusoidal 91 ; —Steam 63, 54; —Steam abdominal 65 ; —Steam chair 65 ; —Steam full 65 ; —Sulphur 76 ; —Sun 67 ; —Sweats 63 ; —Turkish 63.

- Bathing, 52.
 Bernard Mcfadden, 61.
 Bile, 46.
 Billiousness, 64.
 Biltz, 30.
 Bladder, inactivity of, 79.
 Blood pressure, 6, 26, 40, 74, 80, 97; —with
 neurasthenia, 79; —low 79, 97.
 Blue colour, effects of, 80.
 Boils, 51, 66, 79, 94.
 Bowels, disorders of, (see constipation).
 Brain-fag, 50.
 Bright's disease, 16, 39, 64, 71, 77.
 Bronchitis, 24, 31, 35, 39, 64, 66, 68, 79, 80, 93, 94, 97.
 Bronchitis, with dry cough, 24.

C

- Calculi, Renal, 34, 47.
 Cancer, 79.
 Carbon-dioxide, 9.
 Carbuncle, 51, 66, 94.
 Cardiac diseases, 17, 38, 71, 73, 74; —with dilatation,
 73; —weakness, 39, 40, 64, 66.
 Catarrh, of bladder, 29, 47, 51; —bronchial, (see bron-
 chitis); —conditions of, 24, 39, 50, 80, 93, 97;
 —of intestines, 51; —nasal, 66, 68; —of rectum, 58;
 —of urethra, 47.
 Cathode rays 83.

- Cellulitis, 47.
 Cerebral hyperemia, 24.
 Chlorosis, 17, 69.
 Chorea, 23, 71 ; — in fatty persons, 24.
 Chromopathy, 78.
 Circulation, irregular, 36 ; — weak, 36.
 Clay bandage (see mud plaster).
 Cleanliness, external, 6 ; — internal, 6.
 Clergyman, sore throat, 31.
 Cold, (see catarrh).
 Colic, renal, (see calculi) ; — biliary or hepatic, 56.
 Colitis, 46, 57, 66.
 Collapse, 26.
 Coloclyster, (see enema high)
 Colon, dilatation of, 28.
 Compress, 31 ; — cold, 32, 34.
 Congestion, abdominal viscera of, 29 ; — brain of, 67 ;
 — cerebral, 23, 32 , — chest of, 67, 68 ; — kidney of,
 30 ; — liver of, 23, 30, 31, 34 ; — pelvic viscera of,
 29, 46, 67 ; — spleen of, 23, 31, 34.
 Corns, 92.
 Consumption, (see tuberculosis) ; — night sweats of, 38.
 Constipation, 24, 28, 31, 46, 51, 56, 57, 62, 71, 79.
 Contractures, 94.
 Contusion, 79.
 Cough, 31, 68, 80, 93.
 Cures, reports of, 98:
 Cystitis, 58.

D

- Deafness, auditory nerve, 89.
 Delirium, 23, 32, 50, 51.
 Diabetes, 23, 29, 45, 50, 69, 71, 75, 77, 96; —with emaciation, 64.
 Diarrhea, 40, 46, 80.
 Digestive disorders, 47, 57, 66.
 Digitalis, 33.
 Diphtheria, 31, 35, 50.
 Douche, 15; —cold, 16, 17, 18; —hot, 18; —neutral 18; —prolonged, 18; —vaginal, 46.
 Dripping sheet, 26.
 Dropsy, 39, 40, 69, 71, 73, 75, 79.
 Duration chart, 10.
 Dysentery, 57, 66, 79, 80.
 Dysmenorrhea, 29, 39, 47, 88, 96.
 Dyspepsia, 28, 40, 49, 59, 62, 63, 69, 88; —atonic, 17; —nervous, 23, 48.
 Dyspeptics. (see dyspepsia).

E

- Ear-ache, 34, 94.
 Ear running, 79.
 Eczema 51, 75, 97; —weeping, 79.
 Ejaculation, hasty, 46, 50.
 Electron, 83.
 Electrotherapy, 82.

- Electricity, definition of, 83 ; —two-fold effects of, 85. 86.
 Elephantiasis, 75.
 Emaciation of any part, (see atrophy).
 Endocrine system, 96.
 Entritis, 34.
 Epididymistis, 94.
 Epilepsy, 23, 40, 47, 66, 79.
 Erotemenia, 19.
 Erectile power, loss of, 88.
 Exercise, 6.
 Exophthalmic-goiter, 94.
 Eye-ball, diseases of, 34.
 Eye troubles, 48, 50.

F

- Faith, 6.
 Faradic, 89.
 Fauces, 34.
 Febrile conditions (see fever).
 Female complaints, 30.
 Fever, 37, 41, 42, 44, 50, 56, 61, 64, 66, 80; —eruptive 23;
 — hay 93; —influenza 25, 66; —malaria 6, 25, 66;
 —rheumatic 66; —typhoid 23, 25, 37; —yellow 6, 25.
 Filaria, 92.
 Fistula, 46, 51.
 Flatulence, 23, 29, 31, 48, 51.
 Foci, 94.
 Fomentation, 21, 33, 35; —alternate 35; —revulsive 35.
 Food 6.

G

- Gallstone 34, 46, 66.
 Galvanic 86; —effects of, 87; —with hot fomentation,
 steam or radiant bath, 88.
 Gastric irritation 29, 31 ; —Ulcer 16.
 Gastritis 59.
 Gautier 88.
 Genito-urinary disorders 19, 40.
 Giddiness 50.
 Gleet 46.
 Glycosuria 96.
 Gonorrhea 47, 65.
 Gout 24, 26, 29, 51, 57, 63, 67, 68, 71, 74, 88, 94.
 Green colour, effects of, 79.

H

- Hæmaturia 32.
 Hæmorrhage, Bladder of, 46; —Intestines of, 46; —Lungs
 of, 35; —Rectum of, 46; —Uterine, 32, 46; —kidney
 of, 32.
 Hæmorrhoids 32, 45, 46, 47; —bleeding, 32, 46.
 Heart disease, 6 ; —dilated (see cardiac weakness) ;
 —nervous of, 25 ; —neuratic, 73 ; —valvular
 murmur of, 73 ; —weakness of, (see cardiac weak-
 ness).
 Headache 50, 92, 94 ; —congestion with, 51 ; —in
 high blood pressure, 67 ; —nervous, 31.
 Hemicrania 66.
 Hemiplegia 26, 91, 92 ; —with rigidity 91.

Hernia, irreducible, 34.
 Herr Schel, 94.
 High frequency, 92.
 Hints, some important, 13.
 Hippocrates 61.
 Hot-bag 30.
 Hydrocele 80.
 Hydropathy 8, 9 ; ---for typhoid, 4.
 Hydrotherapy, Technique of, 15.
 Hyperacidity 29, 59.
 Hyperesthesia 17.
 Hypopepsia 17, 24, 28, 31, 41, 45.
 Hysteria 23, 47, 79, 88, 96.

I

Ice-bag 32, 33.
 Impotence (see sexual weakness).
 Indigestion 69, 77 (see dyspepsia).
 Indigo colour, effects of, 80.
 Inflammations 30, 51, 68, 80, 92; ---of brain 40 ; ---of
 cæcum 68 ; ---of fallopian tubes 47 ; ---of female
 reproductive organs 73, 79 ; ---of joints 32 ; ---of
 larynx (see laryngitis) ; ---of muscles 34, 94 ; ---of
 nerve 34, 41, 51, 71, 75, 76, 79, 88, 92, 94 ;
 ---of ovaries (see ovaritis); ---pelvic 56; phlegmonous
 89 ; ---of prostate (see prostatitis) ; ---of spinal
 chord 40 ; ---of uterus 29, 47, 92.

Influenza (see fever).

Infra-red rays, 93.

Insomnia (see sleeplessness).

Insanity, 88.

Intertrigo, 97.

Intestinal inactivity (see constipation) ; —obstruction of,
56, 66.

Irritability, nervous 19.

Iron, 17.

Ischemia, 93.

J

Jaundice, 24, 46 ; —infectious 57 ; —itching of, 75.

Joints, stiffened 77, 89 ; —troubles 31.

Jones, A. L. 89.

K

Kellogg, J. H. Dr., 17, 34, 61, 73, 91.

Kidney, congestion of, 30 ; —disease, 6, 39, 71, 73, 74 ;
—hæmorrhage of, 32.

Kniepp, 61.

Kuhne, H. L. 47, 49, 64.

L

Larat, 88.

Larkin, E. L., 84.

- Laryngitis, 31, 34, 97.
- Leprosy, 89, 97.
- Leptomeningitis, 24.
- Leucocytosis, 34.
- Leucorrhea, 47, 80.
- Lewis Jones, H. 90.
- Lexative, 55.
- Lindlahr, V. H. 5.
- Liver. congestion of, (see congestion) ; — disorders of, 23, 34, 66, 71; enlargement of, 18, 79, 92 ; — infantile, 51, 79 ; sluggish, 48.
- Locomotor-ataxia, 16, 19, 40, 93.
- Loeb, J. 84.
- Lucas, 21.
- Lumbago, 26, 34, 51, 57, 63, 68, 71, 75, 97.
- Lungs, nervous state of, 25 ; — hæmorrhage from, 35.
- Lupus (see leprosy).

M

- Malaria (see fever).
- Malarial infection, 23.
- Mal-nutrition, 68.
- Mastitis, 92.
- Mastoiditis, 94.
- Masturbation, 79.
- Melancholia, 23, 31, 50, 64, 79.
- Meningitis, 40.
- Menorrhagea, 47, 80, 96.

INDEX

121

Menses, painful scanty (see dysmenorrhea) ; —suppression of, (see amenorrhea).

Menstruation, irregular, 73.

Migrain, 34, 71, 93.

Miscarriage, 50, 97.

Moles, 92.

Myelitis, with exudate, 45.

Myocardial weakness, 73; (see cordiac weaknesses also).

Myositis (see inflammation of muscles).

N

Nature cure, 8 ; —understanding of, 6.

Neck stiff, 94.

Nephritis, 47, 94 ; —acute, 24, 71.

Nervous affections, 50, 64, 73, 76 ; —breakdown, 93 ;
—diseases (see nervous affections) ; —irritability, 80,
88 ; —morbid conditions (see nervous affections).

Nervousness, general, 38.

Neuralgia, 16, 18, 25, 34, 64, 66, 67, 71, 80, 88, 97; —of
face, 50 ; —of fallopian tubes, 50 ; —of head, 50 ;
—of ovaries, 92 ; —of testicles, 47.

Neurasthenia, 17, 23, 28, 31, 38, 48, 50, 64, 73, 74, 88, 96;
—gastric, 45.

Neuritis (see inflammation of nerve); —peripheral, 91.

Newton, 94.

Nocturnal emissions, 17, 19, 80.

Nodules, 69.

Nose bleeding, 32.

Nutrition, 17, 28.

O

- Obesity, 24, 29, 39, 69, 71.
 Orange colour, effects of, 79.
 Ovarian diseases (see ovaritis).
 Ovaritis, 34, 47, 68, 94.
 Overbecks, J. G. L., 85.
 Osteo-arthritis, 51.
 Oxygen, 9.

P

- Pack blanket, hot, 21; —dry, 25.
 Pack, full (see wet sheet pack); —heating, 28, 34;
 —heating abdominal, 29, 30; —heating local, 30;
 joint, heating, 31; —neck, heating, 31; —chest, 31;
 Pack wet sheet, 21, 29, 69.
 „ „ cooling, 25.
 „ „ cooling & antipyratic, effects of, 22.
 „ „ heating, effects of, 22, 28.
 „ „ neutral, effects of, 22.
 „ „ sweating, effects of, 22.
 Pains, 26, 34, 51, 64, 68, 80, 93; —neuralgic, (see
 neuralgia); —rheumatic (see rheumatism); —scapula,
 71.
 Painful affections (see pains).
 Palpitation, 33.
 Paralysis, 26, 50, 63, 88, 89, 91, 93; —flaccid, 90;
 —hysterical, 17; —spastic, 91; —with rigidity,
 77, 93.

Paraplegia, 26, 40, 91, 92.
 Pelvic congestion, (see congestion).
 Percy Hall, 69.
 Peritonitis, 34.
 Phlebitis, 92.
 Piles, (see hæmorrhoids).
 Plague, 25 ; —bibonic, 6, 66.
 Pleurisy, 24, 31, 35, 68, 94.
 Poultice, 51.
 Prostate, enlargement of, (see prostatitis).
 Prostatitis, 35, 46, 56, 58, 92, 94.
 Protone, 83.
 Pneumonia, 35, 93, 94.
 Psoriasis, 97.

Q

Quartz Mercury-Vapour Lamp, 95.

R

Rectal catarrh, (see catarrh of rectum) ; —Irrigation, 58;
 —ulcer, 58.
 Red colour, effects of, 78.
 Renal affections, (see kidney disorders) ; —disorders, (see
 kidney disorder).
 Report of cures, 98.
 Retention, low (see ejaculation hasty).
 Rheumatism, 16, 24, 26, 39, 50, 51, 57, 63, 64, 68, 71,
 73, 74, 75, 76, 78, 88, 94, 97 ; —syphilitic, 79.

Rickets, 68, 88, 90, 96.

Ringworm, 97.

S

Salpingitis 68.

Salt-glow 76.

Sarason 74.

Scalds 94.

Schott 73

Sciatica 24, 36, 34, 39, 63. 68, 71, 75, 88, 92, 94.

Sclerosis 71.

Scrofula 69, 79.

Seborrhea 97.

Seminal losses, involuntary (see nocturnal emissions) ;
—weakness 17, 19.

Septisemia 24, 66, 97.

Sex organs, under developed, 89.

Sexual irritability 79 ; --weakness 48, 50, 73. 78, 79,
88, 89, 92.

Sinusitis (see sinus).

Sinus 51, 79, 92, 97.

Skin, diseases of, 51, 74, 75, 76, 80, 97; —eruption of, 64;
—inactivity of, 69.

Sleeplessness 23; 28, 31, 39, 40. 47, 67, 74, 80. 88, 92, 97.

Sores, open, 69.

Spermatorrhea 17, 47.

Sphincter, spasm of, 58.

Spine, curvature of, 50 ; —organic affection of, 48.

Spinal cord, functional disorders of, 66 ; —irritation, 75 ;
sclerososis, 16.

- Spleen, enlargement of, 18, 34, 79, 92.
 Sponge bath, 36 ; —Alkaline 38.
 Sponging, cold and warm, 69.
 Sprain 67, 79.
 Sprue 79, 97.
 Sterility 50,
 Stomach, dilatation of, 28, 59 ; —disorders, 71 ; —irritation of, 58.
 Stone, kidney (see calculi renal).
 St. Vitus dance 19.
 Sun bath 5, 67, 68.
 Swelling 34.
 Syphilis 24, 65, 71, 79.

T

- Tabes-dorsalis 91.
 Temperature 31, 32 ; —table of, 9.
 Thermometers, centri grade, 10 ; —conversion of degrees of, 10 ; —Fahrenheit, 10 ; —Reaumer, 10.
 Throat troubles 50, 68.
 Thyroid, extracts. 5.
 Tonic 6.
 Tonsilitis 31, 34, 93.
 Toothache 34.
 Toxemia 23, 38, 49, 71, 75, 97 ; —atonic 17.
 Tuberculosis 4, 23, 31, 49, 66, 68, 71, 75, 78, 80, 93, 97 ;
 —glandular 97 ; —intestine 31, 47, 80, 97 ; —of bone 50, 97.

Tumours 69, 92, 97 ; —inert 79.

Typhoid 23, 25, 37 (see fevers also).

U

Ulcers 80, 97.

Ultra Violet rays 94 ; —administration and dosage 97 ;
—general effects of, 96.

Uremia 80, 97.

Urine, retention of, 47, 56, 65.

Urino- genital organs (see genito urinary disorders).

Urticaria 38, 75

Uterus, inflammation of, (see inflammation).

V

Vaginismus 19.

Vertigo 48, 50 ; —in high blood pressure 67.

Vibratory massage 93.

Violet colour, effects of, 80.

Virility, loss of, (see sexual weakness).

Vitamin, D. 5.

Vomiting 33 ; —of bile, 29 ; —frequency 88.

V. Preissnitz, 21.

W

Warts 92.

Water, application effects of, 11 ; —cold 6 ; —curative
virtues of, 8 ; —drinking 59 ; —physiological
effects of, 10 ; —primary effects of, 11 ;
—secondary effects of, 11.

Wilfred Harris, 91.

William Osler, Sir Dr., 37, 73.

Womb, displacement of, 97 ; —hard 80.

Wounds 32, 79. 97.

X

X-rays, 83.

Y

Yellow colour, effects of, 79 ; —fever (see fever).

Z

Ziemssen, 42.



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